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Bangalore Mirror ON SUNDAY

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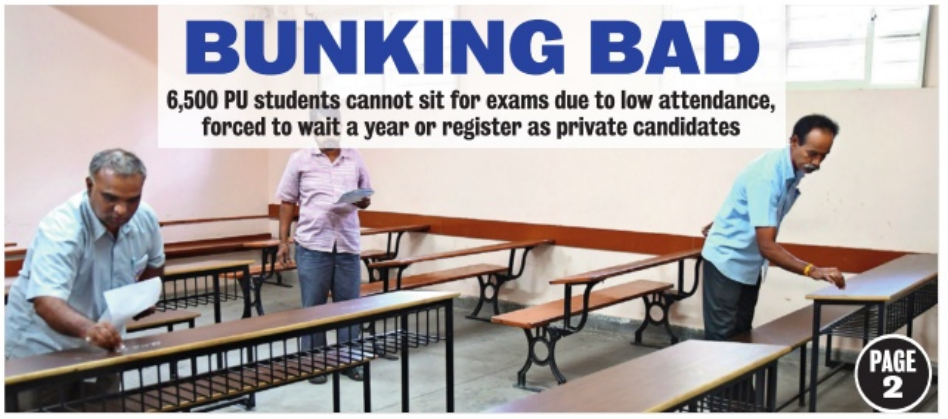

BUNKING BAD

6,500 PU students cannot sit for exams due to low attendance, forced to wait a year or register as private candidates

PAGE 2

GREEN PATCH

Madiwala Lake resembles a farmland, with a thick layer of hyacinth covering it as BBMP awaits approval to clean it up

PAGE 6

As senior police officials monitor social media posts regularly, citizens increasingly falling back on taking complaints online for swift action

CLICK, BAIT OFFENDERS

Tagging senior cops makes sure many offenders get nabbed sooner

| Atiya Firdos
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TWEETS @BangaloreMIRROR

Bengaluru police are increasingly demonstrating swift action on complaints raised on social media, a trend driven by the wide reach and rapid spread of issues online. Many citizens now prefer lodging complaints through social media rather than visiting a police station, given the immediate response from authorities who closely monitor these platforms.

Social media fuels swift police action

Citizens have frequently used social media to report traffic violations, road rage incidents, and other public safety concerns, prompting quick action from the city police. Senior officers actively monitor online complaints, so these grievances are treated with urgency.

In a recent road rage case, Chamarajapete police arrested Harsha HB, a 43-year-old software engineer from Vijayanagar, for allegedly making obscene gestures at a woman on Mysuru Road. The incident occurred near Gopalan Mall when the victim, Akshatha Ravikumar, took to social media to report the harassment, tagging senior police officials. The post gained traction, leading to swift police intervention. Harsha was tracked through his car's registration number and booked under Section 79 (insulting the modesty of a woman) before being released on station bail.

Similarly, in Sarjapur, a video of a man riding a bike

CONTINUED ON PAGE 4 »

"The sooner an issue reaches us, the faster and more effectively we can take action

—Commissioner of Police B Dayananda

You know the drill

Seems like news of ban on drilling new borewells has not reached loud and clear in Whitefield

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Less than a week ago, the Bangalore Water Supply and Sewerage Board (BWSSB) imposed a ban on the drilling of borewells in the city. The Board said the ban is important considering over-exploited groundwater reserves of Bengaluru.

However, multiple instances of fresh borewell drilling in the Whitefield area have now been highlighted.

Locals say at least seven to eight borewells have been drilled in the area over the past two weeks. Out of these, while two had the requisite permissions, the rest were illegal and were stopped by authorities. However, there have been multiple attempts to restart the drill after they were stopped.

City-based civic experts say there is no deterrent in the form of penalty or imprisonment for offenders.

"We inform officials as soon as we spot any borewell drilling in the area. We apprised BWSSB of the issue this time as well. However, BWSSB has not taken any action. Officials are not filing FIRs against illegal borewell drilling cases, offenders are not penalised, they are not jailed, their equipment is not seized, and the drilled borewells are not sealed. All these provisions exist in the Karnataka Ground

CONTINUED ON PAGE 4 »

6,500 students flunk attendance test!

Thousands of PU students lost exam eligibility due to low attendance, now forced to wait a year or register as private candidates with stricter rules

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Despite the introduction of three exam opportunities by the education department for students' convenience, more than 6,500 students have lost their chance to appear as regular candidates due to inadequate attendance. As a result, these students must either wait for another year to take the exam or register as private candidates. Across the state, 7.13 lakh second-year PU students from various colleges are appearing for exams. However, 6,547 students have been disqualified due to failing to meet the mandatory 75% attendance requirement. Among them, 3,362 are from the Arts stream, 2,078 from Commerce, and 1,107 from Science, with Arts students being the most affected.

Strict attendance rule under Education Act

An official said that according to Section 21 of the Karnataka Education Act, 2006, regular students must have a minimum of 75% attendance to be eligible for exams. The education department had introduced three exams per academic year to provide flexibility, but students with low attendance were still not allowed to appear. Previously, students could submit medical certificates to compensate for attendance shortages. Principals and the Director of the Pre-University Education Department were authorised to approve up to 5% relaxation. However, some students misused this provision by submitting fake medical certificates. To prevent such malpractice, the Supreme Court mandated that only students with the required 75% attendance should be allowed to take the exams."

Private candidates face additional challenges

Students who fail to meet attendance requirements can only take exams as private candidates, but science students are ineligible for this option due to the necessity of practical exams. Private candidates must also take full-length 100-mark exams instead of the 80:20 exam pattern.

Impact of COVID-19 relaxations

During the COVID-19 years (2021 and 2022), the 75% attendance rule was waived for SSLC and second-year PU exams. However, students were still required to participate in internal assessments and practical exams. This relaxation benefited approximately 15,000–20,000 students. With the return of in-person classes, strict attendance enforcement has resumed, making it difficult for some students to adapt.

Reasons for low attendance

An official of the Karnataka School Examination and Evaluation Board said, "Every year, a few thousand students lose eligibility due to insufficient attendance. This year, the number has increased. Interestingly, no students have applied for special consideration to appear as private candidates for the first exam."

FORM-IV
(See Rule-8)

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Sd/-
R. J. PRAKASHAN
Printer & Publisher

Date: 02.03.2025

IIHR introduces high-yielding hyacinth beans

Traditionally, hyacinth beans (avarekai) are sown during the monsoon and harvested in winter. However, the Indian Institute of Horticultural Research (IIHR) has developed a new variety, According to IIHR expert Rajeshwari, "Arka Vistaar, which offers a mild fragrance and can be cultivated three times a year. While conventional varieties yield around 25-30 tonnes per hectare, Arka Vistaar boasts an impressive yield of 37 tonnes. It requires minimal water, grows as a vine, and needs only 3-4 kg of seeds per acre for sowing. A slight irrigation during the flowering and podding stages is sufficient for a good harvest. This variety thrives in both dryland and irrigated conditions. The pods of Arka Vistaar are wider, thicker, and longer, resembling the Chapparadavare variety, with larger seeds."

Weed mats for crop protection

A major attraction at the IIHR exhibition was the introduction of weed mats, designed to retain soil moisture for up to three days, even in peak summer, while preventing weed growth. These mats, primarily used for fruit and vegetable crops, are highly durable and can last for up to 15 years once installed, making them a cost-effective solution for farmers. **— BMB**

Swift execution of investment agreements

Industries Minister MB Patil has directed officials to take swift and effective measures to implement the investment agreements signed during Invest Karnataka. During a high-level meeting at the Mines Bhavan on Friday, attended by senior officials from the Department of Industries and Commerce, KIADB (Karnataka Industrial Areas Development Board), Udyog Mitra, the land acquisition division, and the Invest Karnataka forum, he emphasised the significant need for efficient and time-bound execution. "Investors have entered agreements with high expectations. Officials must ensure complete clarity on land availability, acquisition processes, dispute resolution mechanisms, and updated government-held land data to facilitate smooth and hassle-free investments. The Industries Department has established a single-window system to streamline industrial investments and other relevant departments must also be sensitised and aligned with this initiative," Patil stated. He further highlighted the interdependencies between industrial projects and departments such as Revenue, Forest, Energy, Urban Development, Pollution Control Board, and Water Supply.

He instructed officials to work in close coordination and maintain regular communication to ensure seamless and timely approvals for industrial projects without unnecessary delays. **— BMB**

THINGS TO DO

01 Gallery celebrates

Celebrate the 16th Foundation Day of the National Gallery of Modern Art with an exclusive exhibition, Sanhitha: New Beginning for the Air India Collection. Experience a captivating Bharatanatyam performance by Smt Yamini Muthanna and insightful narratives by Smt Vasanthi Hariprakash. Join us for an evening of art, culture, and heritage. **Where: National Gallery of Modern Art; When: March 7, 5 pm**

02 Fun physics

Celebrate National Science Day with Xperimentor. Dive into interactive experiments, engaging discussions, and fun physics demos. Explore CV Raman's groundbreaking discovery and fuel your curiosity with hands-on science activities for all ages. Enjoy Ragi Kana's vibrant Santhe with organic produce, handmade products, and more. **Where: Ragi Kana, Sri Ramakrishna Samagra Shikshana Kendra; When: March 2, 11 am**

03 Dance spectacle

Experience the timeless legacy of Purandaradasaru through an enchanting thematic dance production. Witness a mesmerising blend of classical dance, music, and storytelling as accomplished artists bring to life the journey of the saint-composer. **Where: Bangalore Gayana Samaja, KR Road; When: March 9, 6 pm**

04 Ladies groove

Celebrate Women's Day with Watson's! Dance to DJ Rohit's electrifying beats and enjoy complimentary glitter makeup by artist Anita Rajkumari. A night of music, glam, and unforgettable moments awaits. Gather your squad and sparkle all night. **Where: Watson's, Indiranagar; When: March 8, 9 pm**

05 Theatre magic

Experience the magic of Kannada theatre at Chiguru – Kannada Theatre Festival. This festival features six original productions by top theatre groups, bringing fresh narratives to life. Don't miss this celebration of storytelling and creativity. **Where: Prestige Centre for Performing Arts; When: March 7, 9 and 14, 16**

06 Heritage beats

Experience the enchanting melodies of the Saralaya Sisters, accompanied by Vid V Nalina Mohan on the violin and Vid Anirudha S Bhat on the Mridangam. A soulful Carnatic performance by celebrated artists with rich musical legacies, award-winning accolades, and global acclaim. Immerse yourself in a morning of timeless classical music. **Where: Cubbon Park; When: March 2, 8 am**

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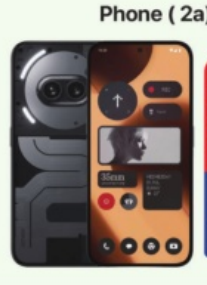

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Bellahalli's air turns toxic

Residents raise health concerns as illegal burning pollutes the air

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TWEETS @BangaloreMIRROR

Garbage buring has been a persistent problem in different parts of city, more so in Mittaganahalli

Residents from various apartment complexes on Kannuru Road in Bellahalli met local MLA and Karnataka Revenue Minister Krishna Byre Gowda on Saturday to highlight the problems due to illegal garbage burning at BBMP's Mittaganahalli landfill, not far from the residential complexes.

Nearly 30 residents from Sobha Dream Gardens, Nikoo Homes, Brigade Breckland, and Brigade Northridge were at the Minister's office, requesting immediate action against offenders and a strict ban on illegal burning.

"We have come to meet our MLA after being subjected to smoke from the burning of hazardous substances near Kannur Lake every day. The thick, acrid smog lingers for hours and seeps into our homes. The situation is worst in the early morning hours. Many residents have developed breathing issues and have had to consult doctors," said a resident from the group.

Notably, hundreds living in these and other apartment complexes in the area have been enduring toxic fumes from unauthorised garbage burning for nearly a year now.

To put an end to the issue, residents launched an online petition last year and approached the Bruhat Bengaluru Mahanagara Palike (BBMP) while also filing complaints at the jurisdictional police station. However, the problem persists with no relief in sight.

"Many residents from Bellahalli and Kogidul area have contacted BBMP and police officials raising complaints about the issue over the past few months. While authorities did arrive on the spot and warned offenders on multiple occasions, burning has continued," said a resident of Sobha Dream Gardens who met the Minister.

According to information from the Revenue Minister's office, the burning incidents are not occurring at the dump yard but in an adjacent area. The smoke residents see comes from the illegal burning of toxic materials such as metal wires and plastic.

> **"Repeat offenders will face penalties. Residents have been advised to report such incidents to the local health inspector**
>
> – Krishna Byre Gowda

Notably, residents have previously reported health issues linked to the toxic smoke.

"The smoke not only leaves behind a stench but also irritates the eyes and nose, causing discomfort every time we step out or stand on our balconies. Some residents have even experienced bleeding, and a few have permanently moved out of their apartments. The garbage is being burned by ragpickers and immigrant workers from economically weaker sections. We are deeply concerned about our health," said another resident.

"We have presented our concerns to the Minister with photographic evidence, and he has assured us that the burning will stop," said Abhik Ghosh, a resident of Sobha Dream Gardens.

"Immediately after the meeting, the health inspector was instructed to take swift action against illegal burning. Strict warnings will be issued to those responsible, and repeat offenders will face penalties. Residents have also been advised to report any such incidents to the local health inspector," Krishna Byre Gowda's office told BM.

Of 7-8 borewells dug over 2 weeks, only 2 had permits

CONTINUED FROM PAGE 1

Water (Regulation for protection of sources of drinking water) Act," said Sandeep Anirudhan of Citizens' Agenda for Bengaluru and a resident of Whitefield.

Residents in the area also underline that borewell water is still being used at construction sites in the area, despite it being banned.

"Hundreds of borewells drilled illegally, as well as using false applications, continue to be used by construction sites for construction activity in broad daylight. A visit to any random under-construction site is sufficient to witness this. These borewells were not only dug illegally, but the use of water for construction violates a ban in place since 2019," added Anirudhan. When BM spoke to the BWSSB official, they said that a police complaint had been filed against the defaulters. However, no further details were furnished.

Mohan Das Pai meets Dy CM Shivakumar

Former Infosys CFO T.V. Mohandas Pai met Karnataka Deputy Chief Minister D.K. Shivakumar at his residence in Sadashivanagar, Bengaluru, on Saturday for discussions over the development of the IT city Bengaluru.

Addressing the media after the meeting, Mohandas Pai stated, "We are happy after holding discussions with Shivakumar, and we are hopeful that, with the blessings of god, he will contribute to the development of Bengaluru."

He further said, "We met Deputy CM and Bengaluru Development Minister DK Shivakumar and discussed issues related to the development of Bengaluru. During the meeting, we expressed our concerns about the city and urged him to become a hero for Bengaluru and take the city forward."

Bengaluru is one of the best cities in the country, he said. **BMB**

Put it online, see real-time action

CONTINUED FROM PAGE 1

recklessly with his partner went viral, showing clear violations of traffic laws and endangering public safety. Acting promptly, the police registered a case against the biker and his girlfriend for dangerous driving.

In another instance, a Bengaluru resident used social media to expose a delivery agent who had stolen his phone. Though the victim managed to recover his device, albeit with a damaged SIM and SD card, when he went to register a complaint, the police were reluctant to register a complaint, arguing that the stolen phone had already been returned. The victim, however, remained concerned about the lack of accountability, fearing that the thief could repeat his offence.

These cases highlight how social media has become a crucial tool for citizens to voice grievances, from reckless driving and harassment to theft and police inaction. With authorities under constant scrutiny from senior officials, online platforms are proving to be instrumental in ensuring swift responses to public complaints.

Growing influence of social media

Citizens believe that posting an issue on social media is better than approaching police physically for a complaint. Several citizens BM spoke to said, social media is becoming the preferred platform for reporting crimes. "Law enforcement agencies, aware of the reach and scrutiny social media brings, are now compelled to act swiftly on complaints that gain online traction," said a social media user.

Commissioner of Police B Dayananda stated that social media enables issues to reach the police more quickly. "The sooner an issue reaches us, the faster and more effectively we can take action," he said.

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Sinking feeling

Pemme Gowda Main Road

A large hole appeared three weeks ago on Pemme Gowda Main Road, opposite VSPL Gardenia, damaging the UGD pipe and causing waste-water spillage. A temporary fix with tar and stones was applied, but urgent reconstruction of the UGD pipe and road is needed.

Collateral damage

Jayanagar

In Jayanagar 5th Block, HOPCOM, Milkbooth, and a public toilet near Rajalakshmi Kalyana Mantapa have been asked to vacate for metro work. Residents fear a commercial building may replace them, leading to the loss of essential shops.

Unsafe roads

Basappa Complex

The stretch leading from Southern Star Hotel to Basappa Complex, off Lavelle Road, remains riddled with potholes, causing inconvenience to commuters. When will authorities take action?

Parking row goes awry, ends up in murder

Delivery agent returns a day after row with security guard over parking, armed with knife to stab his opponent; police analysing CCTV footage to track suspect

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A minor parking dispute took a turn when a security guard was fatally stabbed by a food delivery agent in Bengaluru's Timber Yard area under the Byatarayanapura police station limits.

The incident occurred on Friday evening around 6:30 pm when Ganesh Bahadur Rawal (30), a security guard at a garment firm, was attacked. According to police reports, the dispute began on Thursday when the delivery agent visited the firm to place an order and had an argument with Rawal over parking his two-wheeler. The altercation escalated,

but the delivery agent left the scene.

However, on Friday evening, after the firm's employees had left, the accused returned and stabbed Rawal in the stomach before fleeing. Residents rushed the injured security guard to a private hospital, but he succumbed to his injuries. The Byatarayanapura police have registered a case and are analysing CCTV footage to identify and apprehend the accused. Investigations are ongoing.

CRIME FILES

2 cops fined Rs 1 lakh each for assault

The Human Rights Commission has recommended a fine of Rs 1 lakh each from two police inspectors in connection with separate cases of assault on suspects.

In the first case, Central Crime Branch (CCB) Inspector GT Srinivas was found guilty of assaulting individuals before officially registering a case. The incident came to light after a complaint was filed by Shanti Kokoth at the Magadi Road Police Station on February 11, 2022. Srinivas had allegedly summoned Shankar Ganesh and others to the police station and assaulted them.

In the other case, Bidadi Inspector Shankar Naik has been fined Rs 1 lakh after being found guilty of assaulting a 20-year-old named Sumit. The incident occurred in August 2022 when Naik, then stationed at Byatarayanapura Police Station, allegedly detained Sumit illegally and assaulted him. The Human Rights Commission has condemned these acts. BMB

Court quashes FIR over skit

Bangalore Mirror Bureau
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TWEETS @BangaloreMirror

The Karnataka High Court has dismissed a case against students and faculty members of the Jain Centre of Management Studies (Deemed University) who were charged for performing a skit that allegedly contained derogatory references to Dr BR Ambedkar and Dalits.

Justice SR Krishna Kumar granted the petitions submitted by Dinesh Nilkant Borkar and others, nullifying the legal proceedings against them.

The court stated, "The skit/short play performed by the petitioner was in the nature of satire/entertainment, which is constitutionally protected under Article 19 of the Constitution of India, which guarantees freedom of speech and expression and the impugned FIR does not meet or satisfy the basic ingredients of the offences alleged against the petitioner."

The students presented various programmes during the Jain University Youth Fest-2023 at the NIMHANS Convention Centre, including a skit performed by the petitioners. Authorities filed charges under sections 153-A, 149 and 295-A IPC and Section 3(1)(r)(s) and (v) of the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act, 1989.

Upon reviewing the documents, the court noted that the complainant was not from the SC/ST community, and there was no evidence suggesting the petitioners intended to insult or intimidate SC/ST members in public view. After examining the complaint, FIR and skit transcript, the court determined that essential elements of the alleged offences were absent, particularly as the performance was intended purely for entertainment without the aim to demean any community.

The bench cited previous Supreme Court and HC decisions, concluding that "continuation of the impugned proceedings against the petitioners would amount to abuse of process of law warranting interference by this Court in the present petition." Senior Advocate S Sriranga, representing Advocate Sumana Naganand, appeared for the petitioners.

Health supervisor caught in bribery

In a sting operation, Lokayukta officials arrested a health supervisor from Dommaluru sub-division while she accepted a bribe of 40,000. The accused, Nirmala A (52), a health supervisor in Dommaluru sub-division, had allegedly demanded the bribe from MK Subramanya (37), an interior worker from Vinayaka Nagar, Adugodi. The bribe was sought for issuing a trade license for Subramanya's client, Rox Unisex Salon, located in Indiranagar.

Acting on a complaint, the Lokayukta team laid a trap and caught Nirmala red-handed while accepting the bribe. The operation was conducted under the supervision of Srimathi Umadevi, DySP-07 (Deputy Superintendent of Police), Bengaluru City-2, and executed by TLO Shri Vijaya Krishna N, PI-11, assisted by Shri Ashok Kumar, PI-15, and other staff members.

A case has been registered under Crime No 13/2025, under Section 7(a) of the Prevention of Corruption Act, 1988 (Amendment Act 2018). The accused has been arrested, and further investigation is underway.

BBMP official accused of sexual harassment

A senior official of the Bruhat Bengaluru Mahanagara Palike (BBMP), Assistant Commissioner of the Properties Department, Srinivasa Murthy, has been accused of sexually harassing a woman staffer. The allegations have sparked outrage among BBMP employees, who claim that no action has been taken against him despite a formal complaint.

According to sources, Murthy allegedly made offensive remarks towards a woman staffer who had taken leave, questioning her about HIV and making derogatory comments about her personal life. The victim has lodged a complaint with the BBMP Special Commissioner, but other female employees claim that similar complaints have been ignored.

Multiple employees from the BBMP's Property Department have accused Murthy of calling them to his office, subjecting them to verbal abuse, and making inappropriate advances. Some have alleged that he threatens to tarnish their service records if they report his misconduct.

Distressed by the ongoing harassment, the employees have urged authorities to transfer Murthy, stating that they are unable to work under such conditions.

Approval mandatory for cops meeting Home Minister

Police officers and personnel will no longer have unrestricted access to meet Karnataka's Home Minister, Dr G Parameshwara, for various reasons, including festival greetings or birthday wishes. The state's Director General of Police (DGP), Dr Alok Mohan, has issued a directive imposing strict restrictions on such visits. A circular has been sent to senior officials, including other DGPs, instructing that no police officer or staff member should visit the Home Minister's residence without prior approval.

Mandatory approval for meetings

"Some officers have been visiting the Home Minister's residence without prior permission, which is against departmental rules and regulations. Henceforth, any officer or personnel must obtain formal approval from their respective unit heads before meeting the Home Minister," stated DGP-IGP Alok Mohan in his directive. He has urged all unit heads to ensure strict compliance with this order.

Reasons for restriction

It has been a long-standing practice for the Additional Director General of Police (ADGP) of Intelligence to regularly brief the Home Minister on law and order updates. Similarly, the city's Police Commissioner also meets the Home Minister periodically to discuss policing and administrative matters. However, in recent times, several senior police officers and personnel have been meeting the Home Minister for reasons beyond official duties, including requests for transfers and personal grievances. Some officers have even sought direct intervention for posting to their hometowns. Reports indicate that Dr Parameshwara himself flagged this issue and requested the DGP-IGP to impose restrictions.

Following this directive, Deputy Commissioners of Police (DCPs) across various divisions, including in the Bengaluru Police Commissionerate, have been instructed to enforce the order. Notably, West Division Traffic DCP Anita B Haddannavar has issued a reminder to her subordinates, emphasising that prior approval from the Police Headquarters is mandatory before seeking an audience with the Home Minister.

BBMP has given Madiwala Lake green-carpet welcome

Ever since Palike took over, lake not cleaned; officials await approval

More than a year after the Karnataka Forest Department handed over Madiwala Lake to the BBMP, the water body remains in a state of severe neglect

Madiwala Lake neglect has left it covered in hyacinth, with rusting boats and unusable observation decks

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In November 2023, the Karnataka Forest Department (KFD) handed over Madiwala Lake to the Bruhat Bengaluru Mahanagara Palike (BBMP). More than a year has passed, yet the Palike has struggled to address the lake's deteriorating condition. The water body remains in a state of neglect, almost entirely covered in water hyacinth, while facilities for walkers have been left unattended for months.

"A large part of the lake, one of the city's biggest water bodies, is covered in hyacinth. It looks more like a green carpet than a lake. The last time BBMP cleaned it was over a year ago, but the removed hyacinth was merely piled up on the bank. Now, it has taken over again," said a resident.

Regular visitors lament the worsening condition of the lake as a public space. The observation point, once a spot where people could stand and feed the fish, has lost its purpose due to the thick vegetation covering the water. Boats that were once used for recreational activities are now buried under the green overgrowth, rusting and polluting the lake.

Locals say that maintenance has been neglected ever since BBMP took charge. Plastic bottles, packets, carry bags, and other waste litter the area. Volunteers occasionally clean the walking paths, but the lack of basic amenities adds to the frustration.

"The toilets have been locked for months, making it very inconvenient for walkers. There's no fresh water available either," said Priyanka K.N., a regular visitor.

BBMP officials say they are awaiting approval to begin the cleaning process. However, facilities like running water and functional toilets will take longer, as the lake was recently added to the budget list and requires financial allocation.

"We expect the hyacinth removal to begin in a couple of months, pending approval. As for other amenities, we currently lack the budget to maintain them. Those issues will be addressed in the upcoming budget session," said an official from BBMP's Lake Department.

Karnataka to hold artists' Sammelana

While cinema artists and writers in Karnataka have long been well-organized and vocal about their concerns, visual artists have lacked a collective voice. To bridge this gap and empower painters and visual artists, the Karnataka Lalitkala Academy has announced the Akhila Karnataka Chitrakalavida Sammelana (All Karnataka Artists' Convention), set to take place later this year. Similar to the Kannada Sahitya Sammelana, the state-level event will bring together artists, institutions, and experts. The Academy has sought government funding for the convention, but if not approved, alternative sources will be explored, said Academy President P.S. Kumar.

Karnataka's art scene is thriving, with 25 active art colleges and over 1,000 professional artists. To foster collaboration and address industry challenges, a multi-day convention is being planned, featuring painters, illustrators, lecturers, art critics, and scholars. Discussions will focus on key issues such as art education, evolving trends, and Karnataka's place in global art movements.

With Kalaburagi home to the highest concentration of visual artists, the Academy is considering hosting the event in North Karnataka instead of Bengaluru. The goal is to make this an annual gathering to strengthen and uplift the state's visual arts community. **–BMB**

KPSC opens applications for KAS main exam

The Karnataka Public Service Commission (KPSC) has begun accepting applications for the Karnataka Administrative Service (KAS) Main Examination to fill 384 Group 'A' and Group 'B' officer posts. This follows the Karnataka Administrative Tribunal (KAT) lifting the stay on the recruitment process.

The application process, which was initially set to begin on February 17, was delayed due to KAT's interim stay. With the tribunal's clearance, KPSC has now opened applications, which will be accepted until March 13. Eligible candidates, shortlisted in a 1:15 ratio, can now proceed with their submissions. **–BMB**

Heat surge sparks health worries

Even before the peak of summer, Karnataka is already witnessing a surge in heat-related health issues, with cases of diarrhea, dengue, and other illnesses on the rise. Typically, February temperatures hover around 33-34°C, but this year, some areas have recorded over 35°C, particularly in northern Karnataka and coastal regions.

The rising heat has led to a sharp increase in diarrhea cases, with over 10,000 reported in the past 25 days—an average of 3,000 per week. Dengue cases have also climbed to 250. Doctors warn that high temperatures can trigger health issues like gastroenteritis, headaches, dry coughs, and even nosebleeds due to dehydration.

Children are especially vulnerable, with bacterial infections linked to dehydration on the rise. Pediatricians urge parents to ensure proper hydration and a balanced diet. Medical experts advise increasing water intake and consuming fluids like tender coconut water, buttermilk, and fresh fruit juices to maintain electrolyte balance.

While no major outbreaks of malaria, typhoid, or chikungunya have been reported, cases of viral fever, cough, and cold are rising. Doctors say that there is no cause for alarm but emphasise the need for timely medical attention and preventive measures. **–BMB**

Kannada labels made mandatory on products

The Department of Commerce and Industries has mandated that all industrial and consumer products manufactured in Karnataka, both in the public and private sectors, must include labels in Kannada along with other languages. The order was issued by Uma Devi K., Under Secretary of the department.

Under Section 9 of the Kannada Language Comprehensive Development Act, 2022, enforcement authorities have been directed to ensure strict compliance. The Act, which took effect on March 12, 2024, emphasises that for a language to thrive, it must be used in local industries and market transactions. As part of this initiative, manufacturers must display product names and other details in Kannada on all goods produced and sold in the state. **–BMB**

State to procure quality drugs, set up testing labs

Following recent maternal deaths in the state, the government has decided to procure only high-quality medicines and set up drug testing laboratories, with one lab for every two districts, announced Medical Education Minister Dr. Sharanprakash Patil. He also revealed plans to establish a new medical college through this year's budget. In districts where a government-run college is not feasible, private partnerships are being considered.

With cancer cases rising, new hospitals will be set up in Tumakuru, Mandya, Belagavi, and Raichur to ease burden on Kidwai Hospital. The government is also expanding cardiac care and aims to establish super-specialty hospitals across regions, with one planned for every 2-3 districts. To address healthcare staff shortages in districts like Uttara Kannada, Chamarajanagar, and Kodagu, the government will restrict transfers from these areas. **–BMB**

Honouring Healthcare Heroes: VK-BM Health Excellence Awards 2024

The 'VK- BM Health Excellence Awards' celebrated the relentless dedication of medical professionals who have made outstanding contributions to the healthcare sector. At a grand event in Bengaluru recently, distinguished doctors and healthcare institutions were recognised for their excellence, with three eminent doctors receiving the Lifetime Achievement Award and 30 others being honoured for their contributions to medical innovation and patient care.

The prestigious event was graced by Dr. Sharan Prakash Patil, Minister of Medical Education & Skill Development; Dinesh Gundu Rao, Minister of Health & Family Welfare; renowned actor Ramesh Aravind; Dr. Sudarshan Ballal, Chairman of Manipal Hospitals; Deepak Saluja, CEO of Bangalore Mirror and Vijay Karnataka; and Sudarshan Channangihalli, Editor of Vijay Karnataka.

Recognizing Excellence in Healthcare

The Lifetime Achievement Award was presented to Dr. Y.L. Rajashekar, founder of Shekar Eye Hospital, for his exceptional contributions to ophthalmology; Padma Shri Dr. Kamini Rao, a pioneer in reproductive medicine, for her groundbreaking work in fertility treatments; and Dr. Mohan Keshavamurthy, a leading urologist at Fortis Hospital, for his expertise and advancements in urological care. The conclave served as a powerful platform to identify, appreciate, and honor the true superheroes of healthcare—those who work tirelessly to improve lives and revolutionize medical care. The VK-BM Health Excellence Awards 2024 reaffirmed Karnataka's commitment to elevating healthcare standards while honoring those who drive innovation and compassionate care.

Bengaluru – The Global Medical Hub; Advancing Home Healthcare

"Bengaluru is already a leading hub for global healthcare, and to further strengthen this position, a 5,000-acre 'KWIN City' is being developed with a special focus on education and healthcare. To enhance healthcare accessibility, we have launched the Home Healthcare Initiative, ensuring doorstep medical services. This program has already begun in Kolar and will soon expand across Karnataka."

– Dinesh Gundu Rao, Minister of Health & Family Welfare

Boosting Medical Tourism

"With its ideal climate, safety, and advanced technology, Bengaluru is set to become a global destination for medical tourism. In the coming years, even patients from developed nations will seek treatment here."

– Dr. Sudarshan Ballal, Chairman, Manipal Hospitals

Trust in Healthcare Matters

"Bengaluru has made a global mark in healthcare, and even government hospitals now offer quality services on par with international standards. The key to progress in healthcare is trust, and we must prioritise maintaining it."

– Ramesh Aravind, Actor

Strengthening Medical Education & Infrastructure

"Karnataka boasts a robust medical education system, and we are planning to set up medical colleges in districts that currently lack one. Additionally, new units of Kidwai and NIMHANS will be established in different regions of the state."

– Dr. Sharan Prakash Patil, Minister of Medical Education & Skill Development

Cutting-Edge Technology Enhancing Precision in Healthcare

Medical advancements have revolutionised patient care, enhancing accuracy and efficiency. At the VK-BM Health Excellence and Conclave, leading experts discussed innovations such as robotic surgery, advanced IVF techniques, and government-backed healthcare initiatives, shaping the future of medical treatments.

Speaking on robotic-assisted surgeries, Dr. Mohan Keshavamurthy, Urologist at Fortis Hospital, stated, "Robotic surgery has significantly improved precision, reducing post-operative hospital stays. The future holds exciting possibilities with telemetric surgeries, where doctors can perform procedures remotely across borders." Highlighting the role of 3D printing in surgery, Dr. Pramod S. Chinder of Yellow Ribbon emphasised, "3D printing simplifies complex procedures, helping doctors better understand diseases and customize treatments. This not only saves time but also speeds up patient recovery." Addressing advancements in IVF technology, Dr. Sneha Shetty, Head of Vriksha Fertility, noted, "Over the past decade, IVF success rates have improved remarkably, bringing hope to childless couples and increasing awareness about fertility treatments."

Government initiatives are also playing a crucial role in healthcare transformation. Dr. M.G. Triveni, Director of Health & Family Welfare Services, stated, "The government is integrating cutting-edge technology into healthcare. Real-time documentation during doctor-patient interactions ensures comprehensive patient data management. Additionally, schemes like Ayushman Bharat provide free treatment at government hospitals, making quality healthcare accessible to all." With constant advancements and the integration of technology, the future of healthcare is brighter than ever, promising precision, efficiency, and accessibility for all.

Collaboration
VOLVO | MARTIAL MOTORS
MARKELYTICS Your Global Research Partner
Vaidyog Creating medical careers

Fortis Hospital: Leading the Way in Robotic Surgery

Robotic surgery is revolutionising healthcare, and India is playing a pivotal role in this transformation. With cutting-edge technology and expert surgeons, the country is witnessing success in the field of robotic surgeries. Known for its precision, robotic surgery offers minimal incision and faster recovery times.

Fortis Hospital: A Pioneer in Robotic Surgery

Fortis Hospitals in Bengaluru is at the forefront of robotic surgery in India, attracting patients not only from across the country but also from overseas. The hospital is renowned for offering top-quality treatments in urology, oncology, gynecology, and organ transplant surgeries.

The Rise of Robotic Surgery in India

Since 2000, robotic surgery has made remarkable strides in India. With exceptional outcomes in urological oncology, gynecology, and cardiothoracic procedures, it has become the preferred choice for many. Surgeries are performed through small incisions, reducing blood loss and speeding up recovery. While this advanced technology is available in metro cities and large hospitals, there is a growing need for its expansion to smaller towns and cities.

Urology & Kidney Transplant

Dr. Mohan Keshavamurthy, Director, Fortis Hospital has been felicitated

A Leader in Robotic Surgery

Dr. Mohan Keshavamurthy, Director of Urology at Fortis Hospital Bengaluru, is a pioneer in utilising robotic technology for surgery. A native of Hassan, Dr. Mohan has trained at prestigious institutions such as Bangalore Medical College, Sheth KM School of Postgraduate Studies (Gujarat), KEM Hospital (Mumbai), Tata Memorial Hospital (Mumbai), and Halifax in Canada. Despite decades of experience in traditional surgery, Dr. Mohan embraced robotic surgery in his 50s, undergoing training at global institutions like Université de Lorraine and STAN Institute in France. He now specialises in kidney surgeries, uro-oncology, and pediatric surgery using robotic technology.

The Future of Robotic Surgery in India

India is poised to become a global leader in robotic surgery, with immense potential in healthcare tourism. To strengthen this position, the country needs to adopt certain strategies:

Training Surgeons: Establishing robotic surgery training centers.

Expansion: Introducing robotic systems in tier 2 and 3 cities.

Innovation: Developing effective local robotic technologies to reduce costs.

Infrastructure: Equipping more hospitals with robotic systems.

Awareness: Increasing patient awareness of robotic-assisted surgeries.

Insurance: Providing insurance coverage for robotic surgeries to make them accessible to the general public.

Institutions like Fortis Hospital in Bengaluru are leading this responsibility, and with continued investment in training, innovation, and infrastructure, India is ready to redefine healthcare with robotic-assisted care. This will establish the country as a major hub for robotic surgery in Asia.

Precision at Its Best

Robotic surgery proves most effective for complex procedures that require high precision, such as partial nephrectomy, hysterectomy, and oncological resections. In urology, robotic technology provides unmatched accuracy for procedures like partial nephrectomy, setting a new benchmark in the field.

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Dr. Kamini Rao: A Revolutionary Force in IVF Treatment

Dr. Kamini Rao, a pioneer in India's in-vitro fertilization (IVF) revolution, has been a beacon of hope for countless couples struggling with infertility. With a distinguished medical career spanning over five decades, she has played a crucial role in transforming reproductive healthcare in India.

Born in Raichur and raised in Bengaluru, Dr. Rao completed her schooling at Bishop Cotton Girls' High School before earning her medical degree from St. John's Medical College, Bengaluru. She later pursued advanced studies in reproductive medicine and assisted reproductive technology in the UK, equipping herself with cutting-edge expertise in fertility treatments.

Dr. Kamini Rao,
Gynecologist

Gynecology and Reproductive Medicine

Her contributions to the field are groundbreaking—she established South India's first sperm bank and was instrumental in India's first birth through Sperm Intra-Fallopian Transfer (SIFT). Additionally, her pioneering work with Intracytoplasmic Sperm Injection has helped countless couples overcome male infertility, making parenthood a reality for many. Through the establishment of the Kamini Rao Hospital near Kumar Park in Bengaluru, she has dedicated her life to offering world-class fertility care. Dr. Rao's impact extends far beyond India, as she has served as a global ambassador for fertility treatments in Africa and Asia, becoming the first Indian to receive this prestigious recognition.

Advocating for Affordable IVF Treatments

With infertility rates on the rise, more couples are turning to IVF. However, Dr. Rao stresses that fertility treatments should not be a privilege for the wealthy alone. She strongly advocates for government-supported IVF centers to provide affordable fertility care, ensuring that middle-class and economically weaker families also have the opportunity to experience the joy of parenthood. Through her relentless efforts, she continues to shape the future of reproductive healthcare in India.

A Legacy of Accolades

In recognition of her immense contributions to medical science, the Government of India honoured Dr. Kamini Rao with the Padma Shri in 2014. Additionally, she has been awarded the prestigious Karnataka Rajyotsava Award, the Vidya Ratna Award, and multiple Lifetime Achievement Awards from esteemed institutions, including the Federation of Obstetric and Gynecological Societies of India and the Bangalore Society of Obstetrics and Gynecology.

Her leadership extends into academia and medical governance, serving as the Director of various medical boards, a Syndicate Member of Rajiv Gandhi University of Health Sciences, and the President of the Indian Society for Assisted Reproduction. She has also represented India in the International Federation of Gynecology and Obstetrics and the Asia-Oceania Federation of Obstetrics and Gynecology.

Credence Dental: Excellence in Dental Care

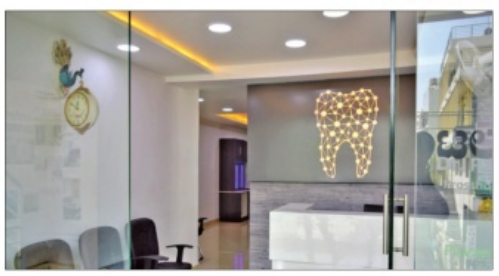
Gone are the days when people visited a dentist only when they experienced unbearable pain. Today, times have changed, and just as individuals prioritise their overall health, dental care has also become a crucial part of their lifestyle. A beautiful smile requires proper dental hygiene and care.

Dental Excellence

With over 15 years of experience, Dr. Pavan T.P. has been transforming smiles and redefining dental care through Credence Dental, located in BEML Layout, 3rd Stage, RR Nagar, Bengaluru. After completing his BDS from Siddhartha Dental College, Tumkur, he pursued his MDS from AECS Maruti College of Dental Sciences, Bannerghatta.

Advanced & Personalized Dental Treatments

Credence Dental offers state-of-the-art dental solutions, including teeth whitening and stain removal, a popular choice among celebrities and professionals, AI-based dental scanning for precise and personalised care, laser-assisted gum surgery to minimise pain and swelling while enhancing recovery, and invisible braces (clear aligners) for perfectly aligned teeth without the hassle of traditional metal braces.



Dr. Pavan T.P. on Essential Dental Care: "Brushing twice a day, limiting sugary foods, and scheduling regular dental check-ups every six months are simple yet powerful habits to maintain a healthy smile and prevent major dental issues."

Dental Health Care

Our range of services includes:

- Dental Fillings & Cleaning
- Root Canal Treatment
- Dental Crowns & Bridges
- Dental Implants
- Jaw & Gum Surgery
- Tooth Whitening & Polishing
- Tooth Jewelry
- Braces
- Vinyeer & Invisalign

"At Credence Dental, we combine cutting-edge technology with expert care to provide comprehensive dental solutions. From routine check-ups to advanced treatments, we are committed to helping you achieve a perfect, confident smile."
– Dr. Pavan T.P.

Outstanding Achievements

- 15+ years of experience
- Treated over 15,000 patients
- Performed 1,000+ successful dental implants
- Completed 200+ clear aligner (invisible braces) treatments

Minimolar – Specialized Pediatric Dental Care

Understanding the unique needs of children's dental health, Credence Dental has introduced Minimolar, a dedicated unit for pediatric dentistry. From cavity prevention to early orthodontic interventions, Minimolar ensures a healthy smile for your little ones.

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Archish Fertility Center – A Beacon of Hope for Couples

With changing lifestyles, infertility has become a growing concern, making fertility treatments a necessity for many couples aspiring for parenthood. However, many struggle to find the right guidance and expertise, often leading to disappointment. In such challenging times, Archish Fertility & IVF Center has emerged as a trusted name, helping couples fulfill their dream of having a child.

Renowned Clinical Embryologist and co-founder Rishina Bansal and Clinical Embryologist and co-founder Navin Desai established Archish Fertility & IVF Center after gaining extensive experience in leading hospitals. Their vision was to create a center where expertise, transparency, and ethical fertility treatment go hand in hand.

What Makes Archish Fertility Center Unique?

While numerous fertility centers exist, Archish stands out for its patient-centric approach. Transparency is at the core of their practice, allowing couples to witness procedures in real-time within their state-of-the-art laboratories. The center is home to some of the country's leading embryologists, ensuring the highest level of care and confidence at every stage. The team at Archish does not merely see couples as patients but as future parents, offering unwavering support throughout their journey.

Rishina Bansal and Navin Desai, Founders, Archish Fertility Center (Ethical Fertility & Patient Care) Health Care

Understanding IVF – The Path to Parenthood

In Vitro Fertilisation (IVF) involves stimulating the ovaries to produce multiple eggs, which are then retrieved and fertilised with sperm in a controlled environment. Once viable embryos develop, they are carefully transferred into the uterus for implantation, increasing the chances of pregnancy.

Facilities

- Ethical Fertility & Advanced Treatments
- Archish Fertility Center provides a range of cutting-edge treatments, including:
- Ovulation Induction & Timed Intercourse (OI-TI)
- Intrauterine Insemination (IUI)
- In Vitro Fertilization (IVF)
- Intracytoplasmic Sperm Injection (ICSI)

Archish, derived from Sanskrit, symbolizes 'a ray of hope.' With ethical practices, a high success rate, and world-class fertility solutions, we are dedicated to helping couples embark on their parenthood journey with confidence and peace of mind."
– Rishina Bansal,
Clinical Embryologist

Expert Team, Personalised Care
Archish Fertility Center boasts a team of seasoned specialists, from embryologists to dedicated fertility assistants, ensuring every patient receives the best possible care. Their expertise and compassionate approach make every treatment journey smooth, reducing stress and maximizing success rates.

Egg Freezing – A Safe and Reliable Option

Led by Rishina Bansal, an expert in egg freezing, Archish offers advanced fertility preservation options for women. The process involves stimulating the ovaries with synthetic hormones, retrieving mature eggs, and safely freezing them for future use. While the procedure is minimally invasive and considered safe, mild discomfort may occur.

Addressing Male Infertility

Infertility is not just a concern for women—men, too, face reproductive challenges due to genetic, environmental, and lifestyle factors. Excessive alcohol consumption, smoking, and stress can significantly impact sperm quality and count. At Archish, male infertility is diagnosed and treated with utmost precision, providing couples with the best chances of conception.

Dr. Leelamohan PVR –Doctor by Profession, Artist by Passion

Within every individual resides an artist; some effortlessly integrate their artistic passion with their profession, while others pursue art as a career. Dr. Leelamohan PVR is one such example— a dedicated medical professional who also embraces acting in his free time. He not only serves society by preserving health but also enhances the cultural sphere with his impactful roles in cinema.

Inspiring Medical Journey

Dr. Leelamohan is a trained doctor with an MBBS and an MD in General Medicine. With over 16 years of experience in the medical field, he has worked at numerous prestigious hospitals and also runs a clinic, Padithem Health Care, located in the HSR Layout, Bengaluru. A graduate of MVJ Medical College, he has gained immense respect for his expertise in treating common ailments like cold, cough, thyroid issues, and diabetes. Dr. Leelamohan has further specialised in Diabetes and is known for his certification courses in this field.

A Strong Advocate for Diabetic Care

Diabetes, often linked to lifestyle and hereditary factors, is becoming increasingly common. However, Dr. Leelamohan emphasises the importance of early intervention and prevention. A healthy lifestyle and proper food habits are key to managing diabetes. He advises his patients to take necessary precautions, as early action can delay the onset of diabetes and help in managing it effectively. Dr. Leelamohan encourages everyone to make time for self-care. His passion for acting continues to flourish, as he balances his medical career and love for cinema, making the most of his 24 hours. Through his dedication to both fields, he proves that it is possible to nurture diverse interests while maintaining a commitment to health and well-being.

A Cinematic Passion

Despite his busy medical career, Dr. Leelamohan is also a talented actor. After completing his medical degree, he ventured into acting, starting with the TV show 'Baduku' and later starring in numerous Kannada and Telugu films. Films like Road King, 'Gadiyara', 'Ugra Avatar', 'Kalyana Mastu', 'Naayi Ide Yechharike', and 'The End' feature him in significant roles, including a lead role in few movies.

Health Tips

Coffee, Tea, and Smoking: A common habit is drinking coffee or tea as soon as one wakes up, but Dr. Leelamohan cautions that this can be as harmful as smoking. It can lead to gastric problems. Instead, he recommends switching to warm water or herbal teas. While Dr. Leelamohan respects the freedom of food choices, he stresses that moderation is key. All foods must be consumed in appropriate quantities to maintain health.

> **Many people claim they don't have time for exercise or self-care. We all have 24 hours in a day, and it's essential to allocate time for health. Prioritise good sleep, take a brisk 30-minute walk daily, and manage stress at work. A healthy lifestyle starts with simple changes like consistent exercise, proper sleep, and a balanced diet."**
> **– Dr Leelamohan PVR**

Dr. Leelamohan PVR
Consultant Physician
Diabetology and Endocrinology

Time to Take Care of Yourself

Dr. Leelamohan's holistic approach combines both medicine and lifestyle. While he continues to inspire with his dual career, he reminds everyone that making health a priority is the key to leading a fulfilling life.

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Manjula A. Patil: Healthy lifestyle & positive mindset should be the priority

The shift in lifestyle and dietary habits has had a profound impact on public health, particularly affecting women. Rather than turning to medication, renowned gynecologist Dr. Manjula A. Patil emphasises the importance of addressing health concerns through natural remedies like dietary changes and exercise. She advocates this for approach to treating common women's health issues, resorting to medication and medical interventions only when absolutely necessary.
Based at BGS Medical College Hospital, Dr. Patil provides consultations at several private hospitals, offering expert advice on women's health. A native of Mysuru, Dr. Patil completed her education there before establishing the 'Surya Gyeno Dental Care' clinic in Bengaluru's RR Nagar, where she offers treatment and guidance. Dr. Patil stresses the importance of proper care during pregnancy, including regular check-ups and a balanced, nutritious diet. Anemia, which has become increasingly common among women, can complicate childbirth if left untreated, jeopardising the health of both mother and child. Monitoring for conditions like high blood pressure, diabetes, and thyroid issues is essential for ensuring a healthy pregnancy.

Dr. Manjula A. Patil, Obstetrician & Gynecologist, BGS,MCH

Condemning Female Feoticide:

Dr. Patil condemns female feoticide, stressing that such actions tarnish the medical profession and bring disgrace. She believes that government authorities must enforce stricter measures to curb this practice, and parents must reconsider their acceptance of it. The imbalance in the male-to-female ratio caused by female feoticide is a growing societal concern that affects overall health.

Post-Marriage Care

Following marriage or the birth of a child, some individuals abstain from safe sexual practices, which may lead to unintended pregnancies, abortions, or complications. Couples should consider using contraception like condoms or copper IUDs to prevent unwanted pregnancies. Over-the-counter contraceptives should only be taken with proper medical guidance to avoid potential harm.

Preventing Cervical Cancer

Cervical cancer is on the rise, and Dr. Patil advocates for preventive measures, including vaccinations that are being considered for free distribution by the government. While private hospitals offer vaccines ranging from 2,000 to 10,000, the focus should also be on education and preventive healthcare.

C-Section Procedures

While C-sections are often performed in private hospitals, Dr. Patil highlights that many couples pressure doctors to opt for C-sections even in cases where natural birth would suffice. Doctors must weigh the benefits of a C-section against the potential risks to both mother and child, and always consult with parents before making any decisions.

Avoid Fast and Junk Foods

> **I advise young people to steer clear of unhealthy fast foods and resist the temptation of junk food that's marketed through television ads. Proper nutrition is crucial before and during pregnancy, and maintaining regular medical consultations is key to a healthy lifestyle."**
> **– Dr Patil**

Caution Against Excessive Makeup Products

With an increasing number of individuals—both women and men—using beauty products laden with harmful chemicals, Dr. Patil warns of the potential risks. Excessive use of cosmetics can damage the skin and even affect internal organs like the liver and heart. Conditions such as PCOD, infertility, early puberty in girls, and other health issues may arise as a result. Dr. Patil encourages moderation and careful consideration when choosing beauty products.

For more health tips and consultations, visit Surya Gyeno Dental Care Clinic.
Contact: 99453 59675.

Enhancing Facial Aesthetics with Expert Dr. Sunil Richardson's Excellence

Everyone desires to look beautiful, and many prioritise enhancing their facial beauty. For those facing challenges in achieving this, there's now a dedicated hospital in Namma Bengaluru to address all facial concerns. Introducing Richardson Face Hospital, a pioneer in facial aesthetics.

Located on Bagalur Road, Kannur, Richardson Face Hospital has been serving patients for the past year. It is a state-of-the-art facility led by Dr. Sunil Richardson, a maxillofacial and craniofacial surgeon and the Managing Director of India's first face hospital, the Richardson Hospital.

The hospital is equipped with latest technologies imaging facilities for accurate diagnosis and treatment planning. It provides high-quality treatment for dental, hair, oral health, and sleep-related issues.

Services include facial plastic surgery, dental care, rhinoplasty, cleft lip surgery, oral cancer treatment, management of malignant and benign facial tumors, cosmetic treatments for hair and skin, maxillofacial surgery, ENT care, and specialized treatment for accident-related deformities.

Dr. Sunil Richardson, Richardson Hospital (Facial Plastic Surgery)

Patients come not only from different states across India but also from countries including the USA, Europe, Kenya, Tanzania, Congo, Malawi, Jordan, and the Middle East. The hospital provides accommodation for those traveling from afar.

Aiming to Build a Global Hospital Network:

My vision is to establish more hospitals like Face Hospital so that all facial treatments are available under one roof. This will greatly benefit patients by providing convenient access to comprehensive care. The goal is to make Face Hospital a globally recognized institution," states Dr. Sunil Richardson.

Raising Awareness

Many people wrongly believe that facial treatments are too expensive, which prevents them from seeking the necessary care. If we raise awareness about these treatments, more individuals will pursue them, which will help bring down costs. At the moment, only the wealthy, including film stars and politicians, are able to afford such treatments. The government should also promote this type of care, ensuring it is accessible to the middle class and those with lower incomes," emphasizes Dr. Sunil Richardson.

Treatment for International Patients

Even patients from economically advanced countries seek treatment at our Face Hospital. Compared to their home countries, our treatment costs are significantly lower. Moreover, the process of coming and going is smooth. There is a hospital in Bangalore offering comprehensive facial treatment under one roof, and I encourage local residents to take advantage of it," advises Dr. Sunil Richardson.

Dr. Sunil's Achievements:

Having performed over 45,000 facial surgeries, including 15,000 cleft lip and cleft palate surgeries, Dr. Sunil is an Oral and Maxillofacial Consultant at Starcare Hospital in Muscat, Oman. Over the last decade, he has delivered guest lectures in over 20 countries. He is a proud recipient of the 'Service Above Self Award,' the highest honor awarded by Rotary International.

Dr. Sunil completed his Master's in Maxillofacial Surgery and earned his MDS from Rajiv Gandhi University of Health Sciences, becoming an Oral and Maxillofacial Surgeon. He also completed a surgical fellowship at the International Cleft Lip and Palate Foundation in Zurich, Austria. He is a member of the Royal College of Physicians and Surgeons.

Dr. Rajashekar: A Beacon of Hope for Thousands of Patients

Serving with a Heart of Compassion | Affordable Quality Care

In today's tech-driven world, modern conveniences like TV and computers have become integral parts of daily life. However, they have also led to a surge in eye-related problems. Despite the increasing number of ophthalmologists, only a few stand out and leave a lasting impact. Dr. Rajashekar, the Medical Director of Shekar Eye Hospital, is one such visionary.

A Legacy of Service and Compassion

Growing up at the Ramakrishna Ashram, Dr. Rajashekar was deeply influenced by the values of service imparted there. These principles guided him in his medical journey. After completing his MD from the prestigious AIIMS in New Delhi, Dr. Rajashekar dedicated himself to providing the gift of sight to countless individuals. His inspiration stemmed from watching his grandfather struggle with eye issues, which motivated him to pursue a career in ophthalmology.

A Visionary Leader

Dr. Rajashekar, as the Founder-President of Shekar Eye Hospital, has been a guiding force for over 20 years, lighting the path for thousands. Under his leadership, the hospital has treated more than 4,00,000 patients and performed

(Ophthalmology)

over 50,000 eye surgeries. An active member of the All India Ophthalmological Society and former president of the Karnataka and Bengaluru Ophthalmological Societies, Dr. Rajashekar continues to serve the medical community with invaluable expertise.

Social Responsibility

In addition to his medical practice, Dr. Rajashekar is deeply committed to social service. Through the Sharadadevi Trust, he has organised numerous eye camps, offering vital services to the community. Driven by a desire to make eye care accessible and affordable, he founded Shekhar Eye Hospital, which continues to benefit patients through the integration of modern technology with compassionate care.

A Family of Healers

Dr. Rajashekar's wife, Dr. Keerthana, a renowned psychiatrist, also plays an active role in the healthcare community, creating a strong foundation for the family's collective mission to improve lives. Together, they continue their work to bring light to the lives of those in need, both through their medical practice and social initiatives.

A Leader in Eye Care

Located in Bengaluru, Shekar Eye Hospital is renowned for its high-quality eye care, catering to everything from common eye problems to rare vision disorders. Equipped with state-of-the-art technology, the hospital offers world-class services to all sections of society, remaining steadfast in its mission of providing advanced, affordable, and reliable eye care.

Patient-Centered Approach

At Shekar Eye Hospital, the latest international decision-making techniques are employed. Every aspect of treatment, from challenges to benefits and alternatives, is explained clearly to patients. A specialised team of doctors handles diabetic retina care, and many patients who failed to find effective treatment elsewhere have found success here.

Medline Academics: Paving the Path for Advanced Fertility Education

In the face of modern-day lifestyle changes, many couples are grappling with the inability to conceive, undergoing multiple treatments in the hopes of fulfilling their dreams of parenthood. For such couples, In Vitro Fertilization (IVF) has emerged as a beacon of hope in the field of medical science, offering promising results.

However, not all IVF centers offer the same outcomes. Only a few have experienced professionals and top-notch laboratories capable of delivering optimal results. The field of fertility treatment has seen significant growth, with more and more gynecologists focussing on advanced studies in this domain.

Dr Pooja S. Rao,
Co-Founder,
Pooja Medline Academics

(Health Care Education)

One such champion of fertility education is Pooja S. Rao, the daughter-in-law of Padma Shri Dr. Kamini Rao, a renowned name in the IVF field with over 50 years of experience.

Advancing Fertility Knowledge

Pooja S. Rao, with the invaluable knowledge and experience shared by her mother-in-law, started Medline Academics with the vision of furthering fertility studies and training medical professionals. Located in Kumara Park, Bengaluru, at Dr. Kamini Rao Hospital, Medline Academics has been operating for over three years now and has already benefited hundreds of doctors who have enhanced their expertise in fertility treatment.

Bringing International Expertise

Medline Academics has established itself as a global hub for fertility education, attracting students from various states across India and even from abroad. During exam periods, the academy ensures students have access to accommodations, creating a seamless experience for all participants. Pooja S. Rao, the co-founder of Medline Academics, shares her vision, "The purpose of Medline Academics is not merely financial gain, but to share the knowledge we inherited from our mother-in-law, Dr. Kamini Rao, with the new generation of doctors. We aim to spread this knowledge for the betterment of the medical community and future generations of parents."

Empowering the Underprivileged

One of the significant challenges faced by couples undergoing IVF is the cost, which can be prohibitively expensive for the lower-income and middle-class sections of society. In response to this, Pooja S. Rao has expressed her interest in starting an IVF center in collaboration with government hospitals, providing affordable fertility treatment to those in need. "With government support in terms of providing space, we will take care of the rest. IVF should be accessible to everyone, regardless of their financial status," says Pooja.

Nurturing the Future

With a strong foundation in fertility education, Medline Academics is driving change in the healthcare landscape, providing unmatched training opportunities for doctors in IVF and reproductive medicine. Its impact reaches far beyond academics, as it strives to make fertility treatments accessible to everyone.

Medline Academics offers an e-learning platform tailored for doctors seeking to deepen their knowledge in fertility, particularly in assisted reproduction, while maintaining their practice. The platform provides a range of academic programs, including the Basic Fertility and Andrology Courses, Endoscopy, Hysteroscopy, and Laparoscopy Training, as well as specialised programs like the Fertility Nurse Training, Fundamentals of Embryology, Advanced ART Course for Doctors, Fellowships in Fertility Medicine and Embryology, and the Clinical Embryology MSc Program. These programs are designed to equip gynecologists with advanced skills for optimal patient care, featuring a blend of simulation machine training, lab-based learning, project work, and both biannual and annual exams.

Narayana Nethralaya: A Trusted Name in Eye Care

For over 42 years, Narayana Nethralaya has been at the forefront of world-class eye care, earning recognition as Karnataka's top-ranked eye hospital for 14 consecutive years. Accredited by NABH, the hospital is dedicated to providing affordable and high-quality treatments to combat vision impairment and prevent blindness.

Visionary Leadership

Narayana Nethralaya was founded by Dr. K. Bhujang Shetty, with a mission to make eye care accessible to all. His vision is now carried forward by Dr. Rohit Shetty (Chairman) and Dr. Naren Shetty (Vice Chairman), who continue to push the boundaries of ophthalmic innovation and excellence.

NARAYANA NETHRALAYA
your faith shall heal you

Ophthalmology

Group Captain (Retd.) S.K. Mittal VSM (CEO) proudly accepts prestigious awards, reflecting Narayana Nethralaya's dedication to quality healthcare.

Advanced Treatment

The hospital offers advanced eye care, specialising in corneal transplants, cataract surgery, pediatric eye care, and retinal disorders. It provides cutting-edge treatments for diabetic retinopathy, glaucoma, and refractive surgeries like LASIK, SILK, and Myopia Master Technology. Leading in ocular stem cell research and gene therapy, the hospital ensures innovative solutions for complex eye conditions. Committed to accessibility, it extends world-class eye care to a broader community.

Rapid Expansion

With four successful branches in Bengaluru, Narayana Nethralaya is expanding its services to Whitefield, making world-class eye care more accessible to the growing IT hub and surrounding areas. The new facility near Seetharampalya Metro Station is equipped with cutting-edge technology to ensure precision and excellence in treatment.

Global Recognition in Pediatric Eye Care

Narayana Nethralaya's KIDROP (Karnataka Internet-assisted Diagnosis of Retinopathy of Prematurity) program has gained international acclaim for early detection and treatment of retinal issues in infants. Hospitals worldwide are now adopting this innovative model. For children and adults suffering from various vision disorders, ensuring the best care for those with refractive errors, binocular vision disorders, and visual impairments.

ADDRESS:
New Whitefield Branch: No. 3-C, Phase 1, Doddanekkundi Industrial Area, Mahadevapura, near Seetharampalya Metro Station, Bengaluru – 560048. Contact: 080-66121658 / 1659

Expert Arthritis Treatment by Dr. Ashok Kumar

Leading the Way in Orthopedic Care

In today's world, arthritis and bone-related issues are increasingly common among middle-aged and elderly individuals. Renowned orthopedic surgeon Dr. Ashok Kumar P. has gained recognition for providing exceptional treatment solutions for such conditions.

Ortho Care Clinic – A Trusted Name in Healthcare

Operating from Ortho Care Clinic in Vidyaranyapura, Bengaluru, Dr. Ashok Kumar has been offering top-notch medical care since 2004. With

Dr. Ashok Kumar P
Orthopedic surgeon
Joint Replacement Surgeries and Geriatric Orthopedics

over 19 years of experience, he has successfully treated thousands of patients, earning a reputation as a highly skilled and compassionate orthopedic specialist. A native of Mathikere, Bengaluru, Dr. Ashok Kumar completed his MBBS and MS (Orthopedics) from the prestigious M.S. Ramaiah Medical College. He continues to contribute to medical education while running his clinic, Ortho Care Clinic, since 2014, providing cutting-edge orthopedic treatments.

Pioneering Treatments & Advanced Orthopedic Expertise

As a distinguished Geriatric Orthopedic Surgeon, Dr. Ashok Kumar specialises in joint replacement surgeries, spinal procedures, hip replacements, and sports injury rehabilitation. With an impressive record of performing over 25 joint replacement surgeries every month, he demonstrates exceptional expertise in spinal surgeries, hip replacement treatments, and radiofrequency neurotomy for chronic pain relief. His proficiency extends to sports injury rehabilitation through physiotherapy, knee replacement surgeries, arthroscopy for joint disorders, and advanced treatments for foot injuries and accident-related bone fractures, making him a trusted name in orthopedic care.

Commitment to Research & Medical Excellence

Dr. Ashok Kumar is actively engaged in research on Knee Arthritis in collaboration with the Indian Institute of Science (IISc). His deep knowledge and innovative approach in orthopedics continue to benefit patients and the medical community alike. Beyond his clinical practice, Dr. Ashok Kumar has played an integral role in professional organizations. He served as the Treasurer of the Bangalore Orthopedic Society in 2021-22, further solidifying his leadership in the field. Many of his patients, who once struggled with severe arthritis and mobility issues, now lead active, pain-free lives—thanks to his expert care and advanced treatments.

With a passion for medical research, Dr. Ashok Kumar has presented hundreds of research papers at national conferences and published numerous articles in prestigious journals. His contributions have earned both national and international recognition. He has also received the "Best Doctor" award from M.S. Ramaiah Medical College.

Treatment with Awareness

Renowned as a Geriatric Orthopedic Surgeon, Dr. Ashok Kumar is highly skilled in performing over 25 joint replacement surgeries every month. His expertise spans a wide range of advanced orthopedic treatments, including spinal surgeries, hip replacements, radiofrequency neurotomy for chronic pain relief, and physiotherapy for sports injuries and back pain. Additionally, he specializes in arthroscopy, foot injury treatments, fracture management from accidents, and knee replacement surgeries, making him a trusted expert in orthopedic care.

ADDRESS:
Ortho Care Clinic,
#507, HMT Layout, 2nd Block,
Vidyaranyapura,
Bengaluru – 560097
Phone: 9611861085
Email: ashok.orth@gmail.com

CURA Hospitals: Compassionate Care with a Commitment to Excellence

At a time when quality healthcare often seems out of reach for the common man, CURA Hospitals has emerged as a beacon of hope, offering affordable and world-class medical services to people from all walks of life. Founded on the principle of 'patient-first care', CURA ensures that individuals, regardless of their financial background, receive the best possible treatment.

Located in Kammanahalli, Bengaluru, CURA Multispeciality Hospital is a 200-bed facility equipped with state-of-the-art infrastructure, a team of highly experienced doctors, skilled nurses, and advanced medical technicians, making it a one-stop destination for comprehensive healthcare. The hospital provides specialised treatments across various disciplines, including gynecology, neurology, orthopedics, cardiology, pediatrics, dermatology, nephrology, ophthalmology, radiology, and more. With cutting-edge diagnostic services such as blood tests, X-rays, and MRI scanning, CURA ensures quick and accurate diagnosis. Recognising the rise in cardiac ailments, the hospital has also established an advanced Cath Lab, catering to patients in need of interventional cardiology treatments.

Cura Hospital is providing free OPD services in the specialties of General Medicine, General Surgery, Gynecology, and Orthopedics. Additionally, a Cath Lab will be available soon at the Kanakpura Road branch.

Award-Winning Excellence

CURA Hospitals' unwavering dedication to quality healthcare has earned it prestigious accolades from The Times Business Awards, The Times of India, and Worldwide Achievers, solidifying its reputation as a trusted healthcare provider.

A Hospital with a Heart

CURA Hospitals goes beyond just providing treatment; it treats every patient like family. Patients travel not only from across Karnataka but also from various states and overseas to seek specialised medical care here. The hospital maintains a transparent, patient-centric approach, ensuring that every individual receives the best possible treatment without any compromises.

Established in 2019, CURA has rapidly grown into one of Bengaluru's most reliable and advanced healthcare institutions. With an existing branch on Kanakapura Road, CURA is expanding its reach to cater to a larger community. The hospital also operates a nursing college in Kanakanagar, training and producing highly skilled nursing professionals for the healthcare sector.

Looking ahead, CURA Hospitals aims to extend its services to oncology care, with plans to establish a dedicated cancer treatment center. Additionally, the hospital is exploring the introduction of an Ayurvedic wellness center, reinforcing its commitment to holistic healthcare solutions.

Mrs. Shwetha K. Gowda,
Founder, Managing Director, CURA Hospitals

Multispeciality Hospitals

Dr. Ameen Shams,
Medical Director

The Visionary

Mrs. Shwetha K. Gowda, Founder and Managing Director of CURA Hospitals, has played a pivotal role in shaping the institution's mission of accessible and ethical medical care. Though not a medical professional herself, she pursued Hospital Management at the prestigious Indian Institute of Management, Bangalore (IIMB), gaining deep insights into the healthcare sector. Her passion for service extends beyond administration—she actively organises medical camps to provide free consultations and healthcare services to the underprivileged. Dr. Shwetha's husband, Dr. Nischal B., an esteemed Income Tax Commissioner, has been a pillar of support in her journey. The couple, along with their two daughters, remain deeply committed to uplifting community health standards. She believes that CURA, derived from Latin, signifies "care"—a philosophy that defines the hospital's approach to every patient.

ADDRESS:
CURA Hospitals, No.1, Bethel Street, HRBR Layout, 2nd Block, Kalyan Nagar, Kammanahalli, Bengaluru – 560043, Contact: 087480 30303

Excellence in Neurology Treatment by Dr Naeem Sadiq

Plexus Neuro Centre: A Legacy of Healing

Dr Naeem Sadiq, a renowned neurologist with over three decades of expertise in treating neurological disorders, has made an indelible mark in the field of medical care. With over 5 lakh patients treated successfully, Dr. Sadiq is a trusted name in neurology and has earned numerous national and international accolades. Dr. Sadiq leads Plexus Neuro Centre, with branches in both Bengaluru and Hyderabad. Plexus is a knowledge-based rehabilitation center specialising in long-term neurological and degenerative conditions, providing exceptional treatment without the need for surgery.

Dr Naeem Sadiq, Plexus Neuro Centre (Neurology)

Innovative Treatments

Plexus is known for offering cutting-edge, non-surgical treatments. After diagnosing neurological issues, patients are treated with medications and injections tailored to enhance their physical and mental well-being. A unique approach ensures the best outcomes with a focus on holistic recovery. Neurological issues, ranging from mild headaches and sleep problems to complex disorders, can escalate into severe conditions if left untreated. When conventional treatments fail, it is crucial to consult a neurologist like Dr. Naeem Sadiq to ensure proper care and avoid more serious health complications in the future.

Healthy Lifestyle and Prevention

Maintaining a healthy lifestyle is key to preventing neurological issues:

- Eat a balanced, nutritious diet
- Exercise regularly
- Control diabetes and blood pressure
- Ensure adequate sleep

- When neurological problems arise, it's essential to reach out to a specialist immediately. Delay could lead to more severe conditions. Plexus Neuro Centre employs various non-surgical treatments, adjusting therapy based on the patient's health status.

A Breakthrough in Neurology

In recent years, cell therapy has gained significant recognition. Plexus has pioneered this treatment and has successfully helped countless patients with neurological conditions. With over a decade of experience in stem cell therapy, Plexus uses the power of stem cells to regenerate damaged tissues, improving the overall health of patients. This approach ensures a faster, more effective recovery without the need for invasive procedures. Dr. Sadiq's Plexus Centre is dedicated to treating more than 5 lakh patients, with the unique ability to heal without surgery, restoring patients to their normal lives through innovative methods.

> **When healthy stem cells are damaged, it disrupts the functioning of the body's organs. However, replacing these damaged cells with healthy ones can restore normal function. At Plexus, stem cells play a pivotal role in the healing process, ensuring the body can recover naturally and without complications"**
> **– Dr Naeem Sadiq**

Life-Changing Results

For example, a patient suffering from paralytic issues for 10 years due to side effects of a neurological condition walked out of the hospital on the 10th day of treatment at Plexus. Plexus's treatment approach involves extracting healthy stem cells from the body, increasing their numbers, and reintroducing them into the body. This method ensures no side effects and eliminates the need for surgery. In a short span, patients can recover and return to a normal life.

Conditions Treated at Plexus

- Conditions Treated at Plexus:
- Multiple Sclerosis
- Spinocerebellar Ataxia
- Various forms of Cirrhosis
- Autoimmune Disorders
- Cerebral Palsy
- Arthritis
- Spinal Cord Issues
- Motor Neuropathy
- Brachial Plexus Injury
- Sports Injuries

ADDRESS:
Plexus Neuro Centre
1M, 510, 3rd Block, HRBR Layout, Kalyan Nagar, Bengaluru-560043
For more details, visit www.plexusnc.com
Contact: 8229999888

Janya IVF Centre: Delivering Quality Fertility Care for All

Infertility is not just a concern for women; men also play a crucial role. Identifying and treating male infertility is just as important, and Janya Fertility Center leads the way in offering advanced solutions for both men and women.

Located in HSR Layout, Janya IVF Center has been fulfilling the dreams of childless couples for the past five years. For couples who have been waiting for years to conceive, the center provides personalised counseling and comprehensive fertility treatments, prioritising natural conception whenever possible.

Dr. Prathiba Govindaiah, Janya Fertility Centre
Advance Fertility Care

A Trusted Name Beyond Borders

Janya IVF is not just a preferred choice for Karnataka-based couples but also attracts patients from across India. The center specialises in treating recurrent miscarriages, age-related infertility, and genetic disorders. One of its advanced services includes Pre-implantation Genetic Testing (PGT), which significantly improves the success rate of IVF treatments by identifying potential genetic abnormalities before implantation.

"Each step of the IVF process at Janya is transparent, ensuring couples feel confident in their journey. Our center is not limited to IVF treatments alone—we also provide care for natural pregnancies, offering complete guidance and medical support until childbirth," says Dr. Prathiba Govindaiah, Founder & Chief Fertility Specialist at Janya IVF Center.

Making IVF Accessible to All

"Our goal is to ensure that IVF is available to couples from all economic backgrounds. There is still a lack of awareness about IVF, especially in rural areas, where misconceptions persist. It is essential to educate people that IVF is a medically advanced fertility treatment, not an experimental procedure," explains Dr. Prathiba. At Janya IVF, fertility care is more than just medical treatment—it's about hope, trust, and a personalised journey toward parenthood.

CONTACT:
Janya Fertility & IVF Centre, #2317, 27th Main Road, Above CHAAYOS, 1st Sector HSR Layout, Bengaluru – 560102, Contact: 097314 41111 / 8883651111

2 Decades of Expertise

Dr. Prathiba Govindaiah is a renowned Obstetrician and Gynecologist with over 20 years of experience in maternity care and 17 years of specialisation in infertility treatments. She completed her MBBS from M.S. Ramaiah Medical College, Bengaluru, and obtained her DNB in Obstetrics and Gynecology from the National Board of Examinations, New Delhi. She further pursued a fellowship in reproductive medicine from Gunasheela IVF Center, Bengaluru. With over 1,000 egg retrieval procedures and embryo transfers performed, Dr. Prathiba has an outstanding success rate of over 70% in achieving pregnancies. She is an expert in laparoscopy, hysteroscopy, PCOS management, recurrent implantation failure, endometriosis, poor ovarian reserve, recurrent miscarriages, and male infertility treatments.

Janisthaa IVF: Where Hope Meets Success in Fertility Treatments

When it comes to trusted and result-oriented IVF treatments, Janisthaa IVF Centre has emerged as a beacon of hope for aspiring parents. With its unwavering commitment to excellence, the center is rapidly expanding across Bengaluru, now stepping into Malleswaram after successfully establishing its presence in Basaveshwaranagar.

At the heart of Janisthaa's success is Dr. Shwetha Y Baratikkae, a renowned fertility specialist with expertise in reproductive medicine, laparoscopic surgery, obstetrics, and cosmetic gynecology. She has earned a reputation for handling high-risk pregnancies and complex gynecological cases with precision and compassion.

Dr. Shwetha Y Baratikkae, Janisthaa IVF Centre & Hospital

Infertility Treatments

Advanced and Transparent Treatment

Dr. Shwetha Y Baratikkae, the founder of Janisthaa IVF Centre, is dedicated to offering cutting-edge fertility solutions with the latest technology while maintaining complete transparency in treatment. Her passion for assisted reproductive techniques has positioned her as a pioneer in making stress-free, needle-free fertility treatments more accessible and effective.

A Legacy of Trust

Founded in 2018, Janisthaa Fertility Centre and Hospital has been fulfilling the dreams of countless couples, providing world-class fertility care at affordable prices. Equipped with state-of-the-art facilities, Janisthaa ensures that every patient receives the most advanced, compassionate, and personalized fertility care.

One-Stop Solution for Fertility Treatments

Janisthaa stands out as a comprehensive fertility center that reduces the stress of multiple visits by offering diagnostics and treatment under one roof. Whether it's IVF, IUI, ICSI, or advanced fertility preservation techniques, Janisthaa is committed to making parenthood a reality for many.

Excellence in Fertility Care

A native of Mysuru and daughter of esteemed lawyers Shriyoga Murthy and Madhumathi, Dr. Shwetha pursued her MBBS at Adichunchanagiri Institute of Medical Sciences and later earned her postgraduate degree in Obstetrics and Gynecology from JSS Medical College in 2007. She further specialised in infertility and reproductive medicine, completing her DNB in OBG and a fellowship in fertility treatments from a reputed institution.

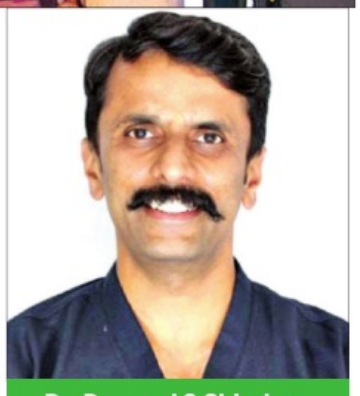
CONTACT:
2nd Block, 2, 1st Main Rd, opposite to Gangamma Thimmiah convention centre, 3rd Stage, Thimmiah layout, Basaveshwar Nagar, Bengaluru- 560079.
Branches: Rajarajeshwari Nagar, Malleshwaram
Visit: www.janisthaaivf.com
Call: 95911 11407

A Ray of Hope for Cancer Patients: Dr. Pramod S Chinder

Cancer rates, especially Sarcoma, are on the rise due to changes in diet, lifestyle, and other factors. As the cost of treatment increases, many families find themselves in financial distress. In response to this, Dr. Pramod S Chinder, the founder of Aarocare Foundation and the leader of the Yellow Ribbon organisation, has been making significant strides in providing support for cancer patients. His work focuses not only on treatment but also on offering financial aid and advocating for a national policy to ensure affordable healthcare for all cancer patients.

Empathetic Care

Dr. Pramod S Chinder is known for never turning away anyone in need of treatment. He goes beyond merely providing medical care, taking the time to deeply understand the challenges each patient faces. He empowers his patients, offering financial assistance to ensure that they don't have to forgo treatment due to financial limitations. His commitment lies in making sure that middle-class families don't have to sell their homes, land, or assets to afford cancer treatment.



Dr. Pramod S Chinder, Founder, The Yellow Ribbon

Children Sarcoma - Bone Cancer

A National Policy for Cancer Treatment

Dr. Pramod S Chinder believes that the current healthcare system is not enough, especially in the case of rare cancers like Sarcoma, where early detection is critical. He is fighting for the establishment of a national policy that focuses on early detection and provides a framework for affordable treatments for all. "The government needs to recognise Sarcoma as a critical illness and create a national policy that will help detect and treat it at the earliest," says Dr. Pramod S Chinder.

The Need for Public Insurance Plans

Dr. Pramod also believes in the importance of a public-friendly insurance scheme that ensures coverage for cancer treatment under both government and private insurance plans. He has petitioned the central government to consider such measures and hopes that it will lead to a more accessible healthcare system for cancer patients.

Offering a Lifeline to Cancer Patients

The Yellow Ribbon Foundation, located in Jayanagar, Bengaluru, offers not only treatment but also guidance, support, and financial aid to those battling cancer. The Foundation is a symbol of hope for many families in need of care. It continues to fight for better healthcare policies and works tirelessly to make cancer treatment more accessible and affordable.

Impactful Treatment and Awareness

Dr. Pramod started his career in 2010 under the guidance of Dr. Ajay Kumar at HCG Hospital, and since then, he has been providing exceptional care to over 9,000 patients, performing more than 6,000 surgeries. He works at both HCG Hospital and the Yellow Ribbon Foundation, where he treats and supports cancer patients, particularly those battling Sarcoma. Dr. Pramod also advocates for the implementation of international treatment protocols like the MAP (Methotrexate, Doxorubicin, and Cisplatin) treatment plan, which has proven successful in Europe, America, and many other countries. "Without such protocols, cancer treatment in our country remains a challenge," he says. The Yellow Ribbon Foundation is committed to offering life-saving care to those battling cancer, with the vision of making it a disease that can be fought and won by all, regardless of their economic background.

The Need for Specialized Cancer Treatment Centers

The Aarocare Foundation also envisions opening a residential center in Bengaluru for cancer patients who require prolonged care. Sarcoma treatment can last up to six months, and often patients have to remain in the hospital. However, many are unable to afford lodging or the additional costs of staying away from home. Dr. Pramod is dedicated to ensuring that these patients receive the care they need without worrying about the financial burden.

CONTACT:
Yellow Ribbon, 805, second floor, near BSNL exchange, 35th cross, 9th main road, Jayanagar fourth block, Bengaluru-560011
For more information, visit: theyellowribbon.in
Phone: 79969 07996

Four Manipal Hospitals' Doctors Shine with Prestigious Medical Excellence Awards

Four distinguished doctors from Manipal Hospitals have been honoured with the prestigious VK-BM Health Excellence Award for their groundbreaking contributions to medical science. Dr. Ravichandra Kelkar, a leading expert in Orthopedic Surgery, Dr. Amit Rauthan, a pioneer in Cancer Treatment through Immunotherapy, Dr. Manjunath Haridas, a specialist in Colorectal, GI, and Robotic Surgery, and Dr. Naveen Kumar L.V., a trailblazer in Sports Injury Treatment, have been recognised for their relentless dedication and innovation in their respective fields. Their expertise is shaping the future of healthcare, bringing cutting-edge treatments and transformative solutions to patients.

Immunotherapy: A Ray of Hope in Cancer Treatment

A cancer diagnosis can be overwhelming, not only for the patient but also for their loved ones. The fear of intensive treatments and prolonged recovery can make the journey even more challenging. However, recent advancements in immunotherapy have emerged as a beacon of hope, offering patients a more effective and natural way to fight cancer.

Dr. Amit Rauthan,
Consultant, Medical Oncology, Hematology & Hemato-Oncology

Manipal Hospitals, Old Airport Road

Harnessing the Body's Defense System

Immunotherapy works by boosting the body's natural immune system to identify and destroy cancer cells. Unlike traditional chemotherapy, which indiscriminately targets all fast-growing cells, immunotherapy enhances immune response, making it a safer and more natural approach with fewer side effects.

Effective Across Multiple Cancer Types

This revolutionary treatment has shown remarkable success in patients with advanced-stage cancers, including those affecting the lungs, kidneys, bladder, breast (triple-negative), esophagus, stomach, liver, gallbladder, uterus, cervix, and Hodgkin lymphoma. What's even more promising is that immunotherapy is now being explored for use in earlier stages of cancer, increasing its potential to save more lives.

Improved Survival & Quality of Life

Immunotherapy is transforming cancer care by not only extending survival rates but also ensuring a better quality of life. Unlike chemotherapy, which often leads to severe side effects like nausea, extreme fatigue, hair loss, and anemia, immunotherapy is better tolerated and especially beneficial for elderly patients who may struggle with traditional treatments. With groundbreaking innovations like immunotherapy, cancer care is no longer just about survival—it's about living better, longer, and with hope.

Cutting-Edge Technology Revolutionising Sports Injury Treatment

Manipal Hospitals, Sarjapur, is transforming sports injury treatment with state-of-the-art technology, ensuring faster recovery and minimal discomfort for patients. Specialising in advanced procedures such as ligament reconstruction surgery, tendon repair, and stem cell therapy, the hospital offers comprehensive care for injuries affecting bones, shoulders, heels, and hips.

The latest advancements in medical technology have revolutionised orthopedic surgeries, making complex procedures more precise while minimising invasiveness. Innovative techniques now allow for minimally invasive surgeries, reducing pain and significantly accelerating the healing process. This means patients experience quicker recovery times and require fewer hospital stays, enabling them to return to their active lifestyles with confidence.

Dr. Naveen Kumar LV
Chief of Institute of Orthopedics & Sports Medicine - Senior Consultant - Orthopaedics, Sports injury specialist Arthroscopy and Robotic joint replacement surgery

Manipal Hospitals, Sarjapur Road

manipalhospitals
LIFE'S ON

Revolutionising Orthopedic Surgeries for Faster Recovery

Medical advancements are transforming the way surgeries are performed, and robotic-assisted procedures are leading the way in enhancing complex surgeries like knee arthroplasty and joint replacement. By improving the precision of implant positioning, robotic technology minimises procedural variations and accelerates patient recovery.

Dr. Ravichandra Kelkar,
Senior Consultant & Orthopedic Surgeon

Manipal Hospitals, Hebbal

AI-The Future of Surgical Precision

Artificial Intelligence (AI), which has already revolutionised various industries, is now playing a crucial role in healthcare. From accurate diagnostics to surgical planning, AI-driven imaging technology provides high-precision insights, ensuring optimal surgical outcomes. By analysing 3D anatomical models, AI enhances surgical efficiency, accuracy, and personalized treatment approaches.

Regenerative Therapy

Breakthrough treatments like Stem Cell Therapy and Platelet-Rich Plasma (PRP) Injections are accelerating the healing process and pain relief. These therapies promote tissue regeneration, paving the way for comprehensive orthopedic care.

The Future of Orthopedic Care is Here

With cutting-edge surgical techniques and advanced rehabilitation approaches, orthopedic procedures are now more precise, efficient, and patient-centric than ever before. These technological innovations collectively enhance surgical quality, speed up recovery, and improve overall patient well-being.

Robotic Surgery: A Game-Changer in GI Procedures

When it comes to surgical advancements, robotic surgery has emerged as a revolutionary breakthrough, surpassing both traditional and laparoscopic procedures in precision, efficiency, and patient recovery.

Dr. Manjunath Haridas,
Senior Consultant – Colorectal, GI, and Robotic Surgery

Manipal Hospitals, Whitefield

Unmatched Precision & Minimal Invasion

Robotic surgery offers exceptional accuracy, enabling surgeons to perform complex procedures with remarkable control through small incisions. This advanced technique results in minimal scarring, often leaving nearly invisible marks, while also reducing pain and lowering the risk of infection. Additionally, it significantly minimize blood loss during surgery, leading to a faster recovery and shorter hospital stays, ultimately enhancing the overall patient experience. This cutting-edge technology assists surgeons in executing intricate and delicate movements with enhanced dexterity, making it a boon for complex procedures such as Gastrointestinal (GI) surgeries.

A Boon for GI Surgery Patients

For patients requiring GI surgeries, robotic-assisted procedures offer a transformative solution. The high-definition 3D visualisation ensures clearer views of vital structures like blood vessels and nerves, reducing the risk of complications. In contrast to traditional or laparoscopic methods, robotic surgery significantly minimises bleeding, making it a safer alternative.

A key component of GI surgeries, intestinal reconnection (anastomosis), benefits greatly from the unmatched precision of robotic technology. The integration of Indocyanine Green (ICG) imaging system further enhances accuracy, aiding in seamless tissue integration and optimal healing.

The Future of Surgery: AI & Robotics

With advancements in Artificial Intelligence (AI), robotic surgery is evolving to offer even greater precision and efficiency. The future holds promise for even faster recoveries, fewer complications, and enhanced surgical outcomes. Today, robotic surgery is not just a technological innovation—it's a patient-centric revolution, ensuring greater accuracy, fewer complications, and a quicker return to normal life.

Bhadram Nature's Clinic: A Trusted Name in Acupuncture Treatment

In an era dominated by allopathy, traditional healing practices continue to thrive, offering effective solutions for ailments that conventional treatments often struggle to cure. One such time-tested method is Acupuncture, a holistic healing approach that has been transforming lives. Among the few reputable centers providing high-quality acupuncture treatment, Bhadram Nature's Clinic stands out as a super-specialty acupuncture center known for its excellence and results.

A Natural Path to Healing

Acupuncture, an ancient medical practice, involves the insertion of fine needles at specific points on the body to stimulate healing. This method has been proven effective in relieving chronic pain, insomnia, lifestyle disorders, and stress-related conditions. People from across Karnataka and even other states visit Bhadram Nature's Clinic seeking its specialised treatments. Every patient at the clinic undergoes a thorough consultation before treatment, ensuring a personalised and effective healing plan tailored to their specific needs.

Dr. Arun &
Dr. Shravya Arun,
Bhadram Nature's Clinic
(Super Speciality Acupuncture)

Meet the Experts

The founders of Bhadram Nature's Clinic; Dr. Arun and Dr. Shravya Arun, are highly experienced acupuncture specialists with over 15 years of expertise in the field. Their commitment to holistic healing has helped thousands of patients recover from various health conditions, making them trusted names in alternative medicine. With an impressive track record of over 50,000 successful treatments, Bhadram Nature's Clinic has established itself as a leading center for acupuncture in Bengaluru.

Conditions Treated at Bhadram Nature's Clinic

The clinic offers specialized treatment for a wide range of ailments, including:

- Diabetes Management
- Gastrointestinal Disorders
- Lower Back & Neck Pain
- Sciatica & Joint Pain
- Tennis Elbow & Knee Pain
- Migraine & Chronic Headaches
- Hypertension (BP) & Thyroid Issues
- Sinusitis, Asthma & Allergies
- Constipation & Digestive Disorders
- Emotional & Mental Health Imbalances

WHERE TO FIND US?
Bhadram Nature's Clinic, 1163, 3rd Floor, Jawaharlal Nehru Road, BEML Layout, 3rd Stage, Rajarajeshwari Nagar, Bengaluru – 560098
Contact:
08066085686 / 9538644966
Website:
www.bhadramnaturesclinic.com

Vriksh Fertility: A Leader in IVF Treatment

For couples dreaming of parenthood, Vriksh Fertility has been a beacon of hope, delivering outstanding results. The center's expert medical team specialises in handling even the most complex fertility challenges, bringing the joy of parenthood to countless families. Beyond medical treatment, emotional support is a key part of the journey at Vriksh, ensuring couples feel cared for at every step.

In fact, Vriksh Fertility stands at the forefront of IVF treatments, offering unparalleled trust and success in fertility care. With its existing center in HSR Layout, Vriksh is set to expand with a state-of-the-art facility in Whitefield, ensuring uncompromised quality and world-class treatment.

The Key to Success

Vriksh Fertility is equipped with cutting-edge technology, backed by a highly trained and experienced team. The clinic follows a holistic approach, offering personalised consultations, dietary guidance, and fertility-boosting programs like yoga to enhance treatment outcomes. The priority is always natural conception first, with IVF recommended only when necessary.

Compassionate Care

Dr. Sneha Shetty, Medical Director and Fertility Specialist at Vriksh, is a distinguished expert with a stellar academic background. She holds an MBBS from the prestigious SDM Medical College,

Service extended to Whitefield

a post-graduate gold medal in Obstetrics & Gynecology, and specialised training in fertility treatments from top global institutions, including Homerton University Hospital (London) and UKSH (Germany). Her patient-centric approach, deep empathy, and personalised consultations set her apart. Couples seeking treatment at Vriksh find not just medical expertise but also unwavering emotional support from Dr. Shetty.

Comprehensive Male Fertility Care

Vriksh Fertility is also a leader in treating male infertility. Dr. Prateek, an expert in the field, has successfully tackled complex male fertility issues, helping numerous couples overcome challenges and achieve parenthood.

Trust & Excellence

With a commitment to transparency, affordability, and top-tier medical care, Vriksh Fertility has earned a stellar reputation. Many couples come to Vriksh through word-of-mouth recommendations, a testament to its success and credibility.

Expanding to Whitefield

With the upcoming Whitefield center, Vriksh Fertility aims to extend its trusted care to more hopeful parents. Equipped with world-class infrastructure, advanced labs, and a compassionate medical team, the new center will continue the legacy of success.

Award-Winning Expertise

Dr. Sneha Shetty's exceptional contributions to fertility treatment have been widely recognized, earning her prestigious accolades such as the APJ Abdul Kalam Award for Medical Excellence in 2012, the Big Health Award for Best Contribution in Gynecology & Infertility in 2023, and the Times Health Excellence Award for Outstanding Fertility Services in 2023. At Vriksh Fertility, every couple's journey matters, and every dream of parenthood is cherished.

Dr. Sneha Shetty,
Medical Director
and Fertility Specialist,
Vriksh Fertility
(IVF Treatments)

CONTACT:
VRIKSH FERTILITY CENTRE,
29/A, 1st Floor, 27th Main Rd, next to Police Station, Phase 3, 1st Sector, HSR Layout, Bengaluru – 560102
Phone: 087970 80808

Expert Cardiac Surgery Team at Trilife Hospital Achieves Remarkable Success

Trilife Hospital's heart care team has reached a significant milestone by successfully performing a complex surgery on an 84-year-old patient, marking an extraordinary achievement in the field of cardiac health.

A High-Risk, Life-Saving Procedure

Under the leadership of Dr. Tameem Ahmed, the heart care team at Trilife Hospital performed a rare and complex surgery on Manoj Majji (84), who had been suffering from severe coronary artery stenosis, hypothyroidism, and several other health conditions. Given the patient's advanced age, the medical team opted for a dual approach, combining aortic valve replacement (TAVI) with a coronary artery bypass grafting (CABG) procedure. This successful procedure highlights the exceptional capabilities of Dr. Tameem Ahmed and his team, who specialise in intricate cardiac surgeries.

Advance treatment towards Cardiology

A Renowned Heart Specialist Leading the Way

Dr. Tameem Ahmed, a prominent cardiac and thoracic surgeon with decades of experience, has gained widespread recognition for his precision in delivering outstanding results. Having performed over 8,000 complex surgeries, Dr. Ahmed's expertise spans from treating newborns to elderly patients with challenging heart conditions. His dedication to patient care and innovative approaches have made him a trusted name in the cardiac care field. Dr. Ahmed's team was also part of the medical group that treated the late Prime Minister Atal Bihari Vajpayee, a point of immense pride. Dr. Tameem Ahmed's team is renowned for its proficiency in advanced heart procedures, such as heart valve replacements and congenital heart surgeries. With state-of-the-art facilities, including an advanced cath lab and fully equipped operation theaters, Trilife Hospital ensures that the most challenging cardiac cases are handled with utmost precision.

Timely Recovery

Thanks to the collective efforts of the expert surgical team, the patient was able to recover and be discharged from the hospital within a week. This remarkable achievement, particularly for an elderly patient undergoing a complex procedure, stands as a testament to the team's dedication to improving patient outcomes.

Addressing Rising Heart Disease Among Seniors

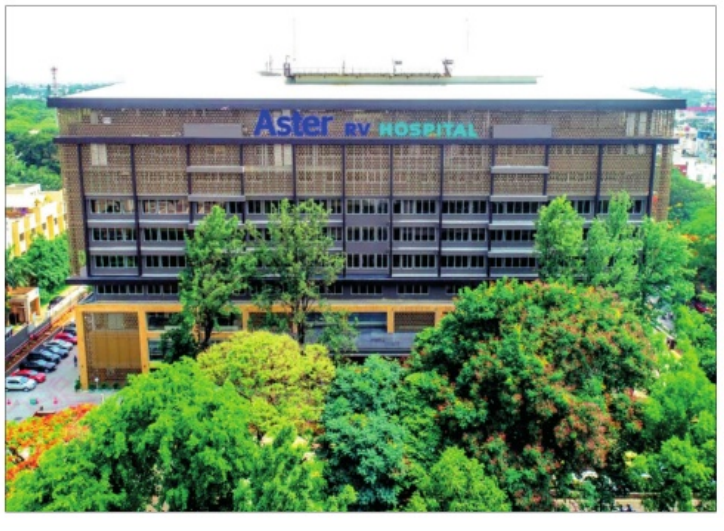
With the rising incidence of heart-related diseases due to lifestyle changes, aging, and other factors, heart conditions are increasingly affecting the elderly. To meet the growing demand for quality cardiac care, Trilife Hospital has established a premier heart unit to deliver world-class treatment to patients.

TRILIFE HOSPITAL
Located at: #216, 7th Main Road, 80 Feet Road, H.R.B.R. Layout 1st Block, Kalyan Nagar, Bengaluru-560043
Phone: 1800 420 2222
Email: reachus@trilife.in

Dr. Srinivas J.V.: A Pioneer in Joint Replacement Surgery

Renowned for his expertise in joint replacement and orthopedic care, Dr. Srinivas J.V. has established himself as a trusted name in the field. Currently serving at Aster RV Hospital, JP Nagar, he has earned recognition for providing advanced treatments for bone and joint-related conditions, transforming lives with his surgical precision and patient-centric approach.

A gold medallist in surgery from Bangalore Medical College (1997) and a postgraduate in Orthopedic Surgery from AIIMS (2001), Dr. Srinivas has honed his skills in robotic surgery and artificial joint replacement at leading global centers. With over 23 years of experience and participation in national and international conferences, he has trained thousands of young surgeons in cutting-edge joint replacement techniques.



Revolutionizing Orthopedic Care with Robotic Surgery

An expert in robotic-assisted knee replacement, Dr. Srinivas has successfully completed over 500 robotic surgeries, ensuring faster recovery, minimal pain, and enhanced surgical accuracy. Unlike traditional surgery, which requires up to six weeks of recovery, robotic-assisted procedures significantly reduce healing time to just two weeks.

Transforming Lives with Precision & Care

Dr. Srinivas has successfully performed over 13,000 surgeries, including spinal procedures, hip replacements, arthroscopy, trauma care, and complex knee replacement surgeries. His expertise attracts patients from across Karnataka and neighbouring states like Andhra Pradesh and Tamil Nadu, with individuals travelling from Anantapur, Salem, Coimbatore, Dindigul, and Madurai for his specialised care.

With a commitment to cutting-edge technology and patient well-being, Dr. Srinivas J.V. continues to set new benchmarks in orthopedic excellence, making Aster RV Hospital a trusted destination for world-class joint replacement and orthopedic care.

CONTACT:
ASTER RV HOSPITAL
JP Nagar, Bengaluru
080-66040400
www.asterhospital.in
customercare.asterrv@asterhospital.in

Dr. Poornima Manjunath: A Trailblazer in Radiology

In the ever-evolving field of medical diagnostics, radiologists play a crucial role in identifying and analysing internal health conditions. Among them, Dr. Poornima Manjunath has made a remarkable impact with her expertise, experience, and dedication. With over a decade of practice, she has established herself as a specialist in ultrasound, oncological imaging, radiography, and fluoroscopic studies. Currently serving as a radiologist at Santosh Hospital on Coles Road, Bengaluru, she continues to be a trusted name in the field.

Dr. Poornima Manjunath,
Radiologist,
Santosh Hospital, Bengaluru

Radiology

Prestigious Memberships & Recognitions

Dr. Poornima Manjunath, a distinguished professional in the field of radiology, is a member of several esteemed medical organisations, reflecting her expertise and commitment to excellence. She holds memberships in the Royal College of Radiologists (UK), Karnataka Medical Council, Indian Radiological & Imaging Association (IRIA), European Society of Radiology, Ultrasound Society of India, Fetal Medicine Society of India, and the International Ultrasound Society for Obstetrics & Gynecology.

A Journey of Excellence

Hailing from Dharwad, Dr. Poornima Manjunath has been an achiever since childhood, excelling both in academics and sports. A proficient swimmer and gymnast, she has won several district and state-level accolades. She completed her early education at BMEMHS School and pursued pre-university studies at JSS College, Dharwad. She later obtained her MBBS from SDM Medical College, Dharwad, followed by a postgraduate degree in Radiology from MVJ Medical College & Research Center, Hoskote.

Fluent in Kannada, English, and Hindi, Dr. Poornima Manjunath seamlessly communicates with her patients, fostering trust and comfort. Her ability to connect with people has strengthened her bond with patients, making her a preferred radiology consultant.

A Leader in Medical Knowledge & Global Exposure

Dr. Poornima Manjunath is a prominent speaker at national and international medical conferences, sharing insights and contributing to advancements in radiology. Her enthusiasm for knowledge-sharing has made her an active participant in the global medical education sector. She specialises in musculoskeletal CT and MRI scans, focussing on trauma, sports-related injuries, arthritis, and soft tissue imaging. Additionally, she is an expert in musculoskeletal ultrasound, including peripheral nerve ultrasonography, and has gained recognition for her expertise in pediatric hip and spine imaging. Her unwavering commitment to medical excellence has earned her numerous awards and accolades, further solidifying her reputation as a leader in the field.

CONTACT INFORMATION:
Santosh Hospital
No. 6/1, Promenade Road,
Pulikeshi Nagar,
Bangalore - 560005
(Near Coles Park)

Fortis Nagarabhavi: A Legacy of Excellence in Healthcare

Recognized for Quality Service

Fortis Hospital, Nagarabhavi, has been a trusted name in healthcare for the past 15 years, earning the confidence of patients across the region. As a leading tertiary care hospital, it stands at the forefront of medical excellence, delivering advanced treatments with state-of-the-art technology and a team of highly experienced specialists.

Comprehensive Multispecialty Care Under One Roof

Fortis Nagarabhavi offers comprehensive multispecialty care, covering cardiology, cardiothoracic surgery, gastroenterology, urology, nephrology, orthopedics, oncology, neurology, gynecology, pediatrics, ENT, interventional radiology, internal medicine, and plastic surgery—all under one roof for seamless patient care. With 90 beds, cutting-edge infrastructure, and a team of expert medical professionals, Fortis Nagarabhavi is fully equipped to handle complex medical cases with precision and efficiency.

Dr.Thejaswini Parthasarathy, Fecility Director, Fortis Nagarabhavi Hospital receiving award

Emerging Tertiary Care Hospital in Bangalore

Pioneering Emergency & Critical Care Services

Renowned for its 24x7 emergency services, Fortis Nagarabhavi boasts a highly skilled medical team dedicated to saving lives in critical situations. The hospital is particularly known for its expertise in neonatal and adult intensive care, delivering exceptional results in emergency and critical care cases.

Enhanced Dialysis Care for Kidney Patients

Understanding the challenges faced by patients with kidney diseases, Fortis Nagarabhavi has established five state-of-the-art dialysis units. These facilities offer specialized and efficient dialysis treatment, ensuring an improved quality of life for patients requiring regular kidney care.

Commitment to Community Health & Well-being

Fortis Hospital, Nagarabhavi, continues to be a pillar of healthcare excellence, serving the community with compassion, expertise, and cutting-edge technology. With its patient-centric approach, the hospital has garnered immense trust and appreciation from people across Bengaluru.

A Milestone Achievement in Cardiac Care

In a significant leap forward, Fortis Nagarabhavi has introduced an advanced Cath Lab, revolutionising cardiac care in the region. This cutting-edge facility enhances the hospital's ability to diagnose and treat heart emergencies with precision, ensuring rapid and effective intervention for cardiac patients. With this addition, the hospital continues to uphold its commitment to providing comprehensive and lifesaving heart care.

Nationally Accredited for Excellence

Fortis Nagarabhavi has earned NABH accreditation, a testament to its unwavering commitment to quality healthcare and patient safety. Additionally, the hospital holds the prestigious NABH Nursing Excellence certification, underscoring its dedication to superior nursing care. These accreditations reinforce Fortis Nagarabhavi's mission to provide world-class medical services with a patient-first approach.

Kauvery Hospital Leads the Way in Robotic Surgery in Bengaluru

Kauvery Hospital in Bengaluru has emerged as a front-runner in robotic surgery, achieving a remarkable milestone of successfully performing 500 robotic surgeries within just one year. No other hospital in India has reached this milestone in such a short period.

A Breakthrough in Advanced Surgical Technology

In August 2023, Kauvery Hospital's Electronic City branch integrated the 'da Vinci Robotic Surgical System', marking a new era in precision-driven, minimally invasive surgeries. This achievement is the result of an expert medical team's relentless dedication. The milestone includes contributions from various specialties such as gastroenterology, obstetrics and gynecology, urology, cardiac surgery, and liver surgery—with even complex procedures like a prostate cancer surgery for a 60-year-old patient successfully completed.

Zero Mortality Rate—A Testament to Excellence

Speaking about this landmark accomplishment, Dr. S. Vijayabaskaran, Executive Director, Kauvery Hospital, stressed the hospital's unwavering commitment to providing cutting-edge healthcare services at affordable costs. "From the day we introduced robotic surgery, our goal was to make advanced surgical care accessible to all. That's why we offer robotic procedures at laparoscopic surgery rates, ensuring more patients benefit from this revolutionary technology. Today, Kauvery Hospital stands as a pioneer in robotic-assisted surgeries," he said.

He further credited the highly skilled team of surgeons for the success, stating, "These 500 surgeries are not just numbers; they reflect the hard work, expertise, and compassion of our team. Our zero-mortality rate is a significant achievement that highlights the hospital's commitment to patient safety and surgical excellence."

500 Successful Robotic Surgeries in Just One Year – A Testament to Excellence & Innovation

Dr. S. Vijayabaskaran, Executive Director, Kauvery Hospital receiving the prestigious award for recognition of this milestone achievement.

Meet the Experts Behind the Success

Dr. Rajesh T.R. Senior Consultant, Cardiology	Dr. Chiran Babu A. – Senior Consultant, Cardio & Vascular Surgery	Dr. Lavanya Kiran, Lead Consultant – OBG, Reproductive Medicine, Robotic Surgeon	Dr. Ritu Choudhary, Lead Consultant, Obstetrics & Reproductive Health	Dr. Sreeharsha Harinatha – Senior Consultant, Urology & Renal Transplant Specialist	Dr. Ganesh Shenoy K, Director, Surgical Gastroenterology

Advantages of Robotic Surgery

Robotic surgery offers numerous advantages over traditional surgical techniques, including:

Unmatched Precision: The da Vinci robotic system provides 100% accuracy, minimising even sub-millimeter variations. Unlike conventional surgeries, robotic procedures can be tailored to suit the patient's unique anatomy.

Minimal Pain & Blood Loss: With smaller incisions, robotic surgery significantly reduces blood loss, pain, and post-operative complications. Patients often do not require additional blood transfusions.

Faster Recovery: Compared to traditional open surgeries, robotic-assisted procedures ensure quicker healing, lower infection risks, and faster mobilisation—allowing patients to resume normal activities within a week.

Reduced Hospital Stay: Due to minimal complications, patients experience shorter hospital stays and faster return to daily life.

Lower Human Resource Dependency: Traditional surgeries require larger medical teams. In contrast, robotic surgery optimises resources, requiring fewer medical personnel while ensuring superior precision and efficiency.

Training the Next Generation of Robotic Surgeons

Understanding the transformative potential of robotic surgery, Kauvery Hospital is investing in the future by introducing specialised training programs for upcoming surgeons. These programs will help shape the next generation of robotic surgery experts, further advancing surgical standards in India.

25 Years of Healthcare Excellence

Founded in 1999, Kauvery Hospital is celebrating its 25th anniversary, solidifying its position as one of South India's fastest-growing multi-specialty hospital chains. With a network of 12 hospitals across six cities, Kauvery Hospital offers world-class healthcare services with over 2,200 hospital beds across its locations, including branches in Electronic City and Marathahalli, Bengaluru.

From cardiac surgery and neurosciences to orthopedics, kidney care, and mother & child services under the 'Ma Kauvery' brand, the hospital remains committed to innovation, medical research, and academic excellence. It also runs DNB and academic training programs for specialists in neurosciences and gastroenterology, reinforcing its status as a center of medical learning. With state-of-the-art ICUs, advanced operation theaters, cutting-edge robotic surgery facilities, and 24/7 emergency care, Kauvery Hospital continues to redefine healthcare in Bengaluru and beyond.

CONTACT:

KAUVERY HOSPITAL – MARATHAHALLI
Old Airport Road, Bengaluru – 560037
080-4180 4180

KAUVERY HOSPITAL – ELECTRONIC CITY
#92, 1B, Hewlett Packard Avenue, Konappana Agrahara, Electronic City, Bengaluru – 560100
080-68016801

VK BN HEALTH EXCELLENCE & CONCLAVE 2024-25

Achievers of Health Sector

Dr. Rekha Rajesh: Bringing Hope to Childless Couples

With innovative treatments and compassionate care, Dr. Rekha Rajesh has been a beacon of hope for couples struggling with infertility. As a dedicated fertility expert, she has transformed countless lives, offering new possibilities to those longing for parenthood. A Commitment to Excellence Dr. Rekha Rajesh is the Director of Vijay Sai Health Care Pvt. Ltd., Vijay Srishti Fertility Centre in Hosur, and Mathrutva Fertility & Healthcare Pvt. Ltd. in Bengaluru. She holds an MBBS from Adichunchanagiri Medical College, Bellur, and a postgraduate degree from Siddhartha Medical College, Tumakuru. She has further specialised with a Diploma in Reproductive Medicine & Embryology from Germany and a PG Diploma in Reproductive Medicine from the UK. With over 20 years of expertise, she continues to provide exceptional medical care. Pioneering Fertility Solutions In 2008, Dr. Rekha Rajesh founded Vijay Srishti Fertility Centre (VSFC), where she has successfully guided thousands of couples toward parenthood. With advanced fertility treatments, she has made dreams come true for over 20,000 families.

Specializations andLeadership Roles

Dr. Rekha's expertise spans fertility care, obstetrics & gynecology, high-risk pregnancy management, and laparoscopic surgery. She is actively involved in medical research and writing. She also serves as the President of the Obstetrics & Gynecology Society of Krishnagiri, Joint Secretary of the Indian Medical Association, and a member of the American Society for Reproductive Medicine and the Indian Menopause Society.

Dedicated to Community Welfare

Beyond her clinical practice, Dr. Rekha Rajesh organises multiple health awareness camps annually across Dommasandra, Hosur, and Krishnagiri. She is also engaged in philanthropic and religious initiatives, making a lasting impact on society.

CONTACT INFORMATION
Dommasandra Branch: #8 & 9, First Floor, S.V.S. Tower, Muthanallur Cross, Sarjapur Marathahalli Road, Dommasandra, Bengaluru-562125
Phone: 7094446400, 9791938330
Email: info@vijaysrishti.com; Website: www.vijaysrishti.com

No Kambala at Pilikula Biological Park, plead animal activists

Worry is that event with so many spectators would prove disturbing

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com
TWEETS @BangaloreMirror

A coalition of animal protection organisations, along with veterinarians, has issued a joint appeal to the Karnataka Government and Karnataka Forest Department to take immediate action to prevent Kambala event at Pilikula Biological Park to safeguard the health and dignity of animals and wildlife in and around the park.

The appeal has been sent to Dr. Ekroop Caur, Secretary to Government Department of Electronics, GoK, and Subhash K. Malkhede, Principal Chief Conservator of Forests (Wildlife) and Chief Wildlife Warden, KFD.

The appeal protests the plan by the Pilikula Development Authority (PDA) to organise Kambala (buffalo race) inside the Pilikula Biological Park premises. The coalition includes People for the Ethical Treatment of Animals (PETA) India, Animal Rahat, People for Cattle in India (PFCI), World Veterinary Service (WVS), India Project for Animals and Nature (IPAN), Compassion Unlimited Plus Action (CUPA), Wildlife Rescue and Rehabilitation Centre (WRRC), Human & Environment Alliance League (HEAL), Earthlings Trust, Fauna Police, Sacred Earth Trust, Give Me Trees Trust, Umeed Foundation and Federation of Indian Animal Protection Organisations (FIAPO). Sixteen veterinarians have also signed the appeal.

Plan is to hold Kamabala event in Pilikula Park premises

Appeal highlights that the planned event is expected to attract thousands of spectators, causing noise pollution and disturbances that could trigger severe stress responses in the park's animals

The appeal highlights that the planned event is expected to attract thousands of spectators, causing noise pollution and disturbances that could trigger severe stress responses in the park's animals.

Notably, a recent investigative report by PETA alleged that buffaloes used in Kambala events are subjected to inhumane treatment. The report highlighted that animals used in the event are tethered without adequate food or water, beaten with sticks, and forcibly restrained with painful nose ropes, resulting in distress and fear.

Animal welfare activists say buffaloes are physically ill-suited to racing because, among other reasons, they lack the sweat glands needed to deal with the heat exertion the races inevitably cause in these animals. To control buffaloes and force them to run, handlers use methods, such as violently pulling and yanking on nose ropes, striking and slapping buffaloes with their hands, shouting at them, and hitting the animals with wooden sticks to incite them before the races and hitting them during the races and inflicting bloody wounds.

Bengaluru Open: Learning court for young talents

More than 60 budding tennis players from Bengaluru had the unique opportunity to learn from professionals at a tennis clinic held at the Karnataka State Lawn Tennis Association (KSLTA) Tennis Stadium on the sidelines of the 2025 Bengaluru Open. Interacting with 38th National Games gold medallists Niki Kaliyanda Poonacha and SD Prajwal Dev, along with the current edition's doubles finalists Blake Bayldon and Matthew Christopher Romios, and USA's Brandon Holt's coach, Bo Trays, the young players gained valuable insights into the sport.

The stars interacted with young athletes in a Q&A session, live drills, and hands-on coaching. Meanwhile, the youth gained insights directly from the players about fitness, nutrition, training routines, and match preparation while also demonstrating their abilities in volleys and baseline shots.

Reflecting on the event and tennis's burgeoning status in the country, Poonacha shared his excitement: "It was really nice to represent and win a medal for Karnataka in the National Games, and I've noticed the level of young players is getting higher. They are better prepared. Days after that, seeing so many kids here eager to learn, eager to improve is a great sign. This gives us a strong platform for the future."

Tournament Director Sunil Yajaman highlighted the significance of such initiatives in promoting the sport. "It's wonderful to see the enthusiasm among young players." **-IANS**

AROUNDTHEWORLD

Support for Zelenskyy after Oval Office clash

European leaders rallied behind Ukrainian President Zelenskyy, expressing strong solidarity in the wake of his heated verbal clash with President Trump and Vice President Vance at the White House on Friday (local time).

The heated clash drew widespread international reactions, with Austrian Chancellor Karl Nehammer and Canadian Prime Minister Justin Trudeau reaffirming their commitment to Ukraine's sovereignty and the fight against Russian aggression.

This shouting match was witnessed by WH officials, the media and the other Ukrainian officials.

In a post on X, Austrian Chancellor Karl Nehammer shared his thoughts, stating that "the Ukrainian people have been courageously defending their country against the Russian aggressor for more than 3 years. I personally visited the war zone and saw for myself how big the sacrifices were." Canadian Prime Minister Justin Trudeau emphasized that Russia's invasion of Ukraine was illegal and unjustifiable. **-ANI**

Pope has coffee, rests

Pope Francis had coffee and was reading newspapers Saturday after an alarming setback in his two-week recovery from double pneumonia: Doctors had to put him on noninvasive mechanical ventilation following a coughing fit in which he inhaled vomit that needed to then be extracted. Doctors said it would take a day or two to evaluate how and if the Friday afternoon episode impacted Francis' overall clinical condition. His prognosis remained guarded, meaning he wasn't out of danger. **-AP**

Hackman, wife likely dead for a week

Santa Fe County Sheriff Adan Mendoza reported on Friday that investigations into the deaths of legendary actor Gene Hackman and his wife, Betsy Arakawa, are ongoing. While the official autopsy and toxicology reports are still pending, Sheriff Mendoza shared early findings that suggest Hackman may have passed away over a week before their bodies were discovered.

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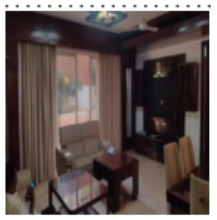

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GALLERIA

ಮಾರಾಟಕ್ಕಿದೆ

ಬೇತಮಂಗಲದಲ್ಲಿ ನಾಯ್ದು ಕಾಂಪ್ಲೆಕ್ಸ್ ಮಾರಾಟಕ್ಕಿದೆ ಕೋಲಾರ ಜಿಲ್ಲೆ, ಕೆಜಿಎಫ್ ತಾಲೂಕು, ಬೇತಮಂಗಲ ಗ್ರಾಮದ ಬಸ್ ನಿಲ್ದಾಣದ ಬಳಿ ಹಾಗೂ ಪೊಲೀಸ್ ಠಾಣೆ ಬಲಬಾಗದಲ್ಲಿರುವ ಕಂಗಾಂಡಲಹಳ್ಳಿ ಮುನಿರತ್ನಂ ನಾಯ್ದು ಹಾಗೂ ಇವರ ಪುತ್ರಿ ಅಶ್ವಿನಿ ಮುನಿರತ್ನಂ ನಾಯ್ದು ರವರಿಗೆ ಸೇರಿದ ನಾಯ್ದು ಕಾಂಪ್ಲೆಕ್ಸ್ ಮಾರಾಟ ಮಾಡಲಾಗುತ್ತಿದೆ 1) ಒಟ್ಟು 56 ಅಂಗಡಿ ಮಳಿಗೆಗಳು,
2) ಅಶ್ವಿನಿ ಕಲ್ಯಾಣ ಮಂಟಪ, 3)ಅಶ್ವಿನಿ ಬಾರ್ ಅಂಡ್ ರೆಸ್ಟೋರೆಂಟ್, 4) ವಾಹನ ಪಾರ್ಕಿಂಗ್ ಸ್ಥಳ ಹಾಗೂ ಇತರೆ ಸ್ಥಳವನ್ನು ಮಾರಾಟ ಮಾಡುತ್ತಿದ್ದಾರೆ.

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ಮೊಬೈಲ್ ಸಂಖ್ಯೆ: 9980319921

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BANGALORE PROPERTIES

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JP NAGAR, 7TH PHASE, SAI LAYOUT 40X45 SOUTH WEST CORNER, PER SQFT RATE 14000/- CONTACT: 9845 488 488

COMMERCIAL SITE for sale on Konanakunte - Gottigere Road, JP.Nagar 4800 Sqft North facing. Contact: 96639 91272

FOR SALE 50X80 EAST FACING POSH BUNGLOW JP NAGAR DOLLAR'S COLONY MURTHY 98802 11880

J,P.NAGAR 2nd & 3rd Phase 35x40, Site 45x60,Old House Price 30000/- per sft Jayanagar 5th Block, 45x90, Price 45000/- per sft Contact- 9845704509

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JPNAGAR 3rd Phase 2unites House North Facing 45x61 BDA Property Excellent Location Price 8.2crore Contact Classic Estates Harsha: 98453 02589.

SALE New 3BHK villa (30x40) + Rental Floors, G+3 (3 car park), JP Nagar 8th Phase. Contact: 8050036729, 9986923096.

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SALE 25 Acres Land Kanakapura Road in NH-209 Behind Mayyas Factory price 9Cr per Acre all 4 Sides Fenced land with 6 Borewells, Single Owner: 9845039831

BDA SITE SALE at BSK 6th stage 4th T Block 30x40sft East facing near Thalgattapura Metro Station Reseller. Contact: 9980337277

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KENGERI MAILASANDRA LAYOUT A KHATA SITE PER SQFT RATE 11500/- CONTACT: 9845488488

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WANTED 2400 sq.ft. Plot / site in Koramangala, HSR or Haralur area. Brokers excuse. Sellers contact at 9740852908 between 9am-5pm.

AVAILABLE For Rent Koramangala Fully Furnished 9950 sqft Independent Commercial Building Basement Parking, Terrace Cafeteria, Lift, DG, AC workstations M: 98450 57375

KORAMANGALA 50x70 5th Block West 40x55 North 100x74 3rd Block North East Corner Genuine Buyers USR Contact: 70197 70736/ 89516 24989

MATHIKERE

BDA SITE FOR SALE AT MATHIKERE 40X60 WEST FACING PER SQFT RATE 17000/- CONTACT: 9845488488

MULTIPLE LOCATIONS

AVLB Sale Resi, Comml, Jayangr, Sadhashivngr, RMV, Sahakarngr, Judicial lyt, Bannerghatta rd, Manyatha, 30x50, 40x60, 50x80, 75x170, 100x100, 200x200, 150x100. Ph: 9380586105

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SARJAPUR ROAD

HOUSE For SALE, 4455 Sqft Plot in SJR EAST WOOD,OFF SARJAPURA Road, ON HARALUR ROAD,FOR MORE DETAILS CALL 9845233902

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YELAHANKA

PRIME PROPERTY OC & 'A' KHATA ON BB MAIN ROAD YELAHANKA. 9880511704, 9880511705

YELAHANKA East facing Sites for sales, BBMP Limits, Behind Euro Schools, Kogilu Main Road, Rs. 5000/- sqft. call : 9742834275 / 9900789192.

SALE 3 BHK Exclusive Flats Under Construction Yelahanka Newtown A Sector. Contact 9986259595 / 9036493656 Mail: rsrprop@yahoo.co.in

OUTSIDE BANGALORE

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MYSORE

FOR SALE KIADB, Belawadi Industrial Estate 21,800+500 Sft 3000/-P.sft. Email: kushwantha.1693@gmail.com / Ct: 7022022065

TUMKUR

TUDA APPROVED A Khata sites in Hirehalli Tumkur ,1.9 kms B'lore-Tumkur NH Rs.1800/- sqft 9900288424 / 9964705451

FOR SALE

BANGALORE

17000 sft building on 4200sft BDA land for sale in HSR 5th Sector Outer Ring Road.Basement, Lift & Cafeteria. Cont : 9845035920

COMMERCIAL building in excellent condition for sale. Ground + 2 floors. 2100 sqft total. Off Lalbagh Rd. Bengaluru-27. Call 9886587648.

A khata site 2400 sq.ft. at 3.96 crore for sale in Sahakar Nagar bangalore north, contact 9008012726, 9620943450 Agent excus

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FOR Sale MUDA Ind Site 62X140 W/F with old Bldg, Nr Emerald clarks hotel, JPnagar, 80ft Rd, Ideal for Hotels, PG, Service Apts, 4.10cr :7026500097

50X80 PREMIUM PROPERTY for SALE, East Facing, at KUVEMPUNAGAR, MYSORE, Opposite New Post Office. CONTACT : 74118 61561

ACCOMMODATION WANTED

RENTAL WANTED 4BHK INDEPENDENT HOUSES IN BTM , JAYANAGAR ANY BLOCKS, JPNAGAR, AS PER VAASTHU, CALL: 9686894972

FARM HOUSES

FULLY DEVELOPED 4 acres farm, single owner (7 kms from Nanjungud Taluk Office) 200 meters from main Nanjangud OOTY highway, Mysore Contact Owner: 9739009284

MULTIPLE PROPERTIES

WANTED BDA SITES ANJANAPURA, VISWESWARIAH,KEMPEGOWDA LAYOUT 20*30, 30*40 SITES FOR RESALE CONTACT VICTORY PROPERTIES 8618576685/ 7411692219

PROPERTY ANCILLARIES

COMMERCIAL PREMISES

E/F, Heart of Cottonpet Mn Rd, Bashyam Rd (Near Poorvi Plaza). Suitable for Commercial & Res. Apt. 9449751739, 6361767472

PEENYA 2ND Stage, 3rd Phase, near to Surana College. Suit. for Printing, Precision, Storage, Godown etc. 9481747474

N/EAST CORNER near Singapura Bus Stand, Suit for Banks, Showrooms, Marts, Clinics and More. 9663314071, 8951267368

CAMBRIDGE near saibaba temple GF 700sft,1st flr 1400sft, ccp, 100% power backup 14k/sqft. Ct: 9740714511 / 8073239991

LEASE & RENT

SAHAKARANAGAR, on Railway Parallel Rd, close to mall of Asia,Rent:New 2/3 BHK houses,car Park,borewell, 24hr Power. 9353164643 / 8197517212

21000 SQ.FT Built Up Area + 14000 sqft open area Affordable Rates North Facing Property Electrical Power Supply Easy Access For All Vehicles, Huge parking space available At National Highway - 75 Nelamangala, Sondekoppa, Bangalore

Warehousing:Logistics: Godown:MfgIndustry: Automative. 9916128436 / 9845458453

SPACE-FOR-RENT 1590 sq.ft. ground floor, 2400 sq.ft.@ 1st, 2nd & 3rd floor with basement parking. Suitable For: Showrooms, Hotel, Gym, Jewellery, Office Space, Coaching Centre. RR Nagar, Chandrashekaran Road, 40ft road Bangalore. Contact 8050803919/9380649221

Rent - Built To Suit 6000 Sqft East Facing In Chikkaballapur [Bangalore Road] Corner Property Neighbourhood - Next To Girias , Opposite To Vishal Mart, Yamaha Hero Motor Corp Ph - 9739864811 / 9113218139.

jobs

SITUATION VACANT

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TEACHER

LAWRENCE High School Koramangla (state board) requires Hindi teacher for middle school and Senior coordinator. Call: 8123397089/ 8296338807 Email: lawrenceschool99@gmail.com

LAWRENCE High School ICSE HSR, require Librarian & teachers for History, English, Social for primary & middle school Call: 080- 40903777/ 8971485310, 9080479986. lawrence.school.icse@gmail.com

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ACCOUNTS & FINANCE

Wanted Qualified Graduate Accountant with morethan 10 yrs of Experience for Reputed Construction Co. who can handle Company Accounts, Income Tax, GST Etc. Age lessthan 45 yrs. Interested candidates forward resume to: enquiries @farahgroup.in.

SERVICES

CATERING

Wanted Exp Cook & Maid (House Keeping) for PG. Single / Family Preferred. Location: Bangalore. Contact: 8971393908

personal

CHANGE OF NAME

I, MARIYAM TINWALA, aged 18 years, D/o. Yusuf Mohammed Tinwala & Yasmeen Yusuf Tinwala, Residing at No. 809, 8th Floor, Raj Paradise Apartment, Ranka Park Road, Bilekahalli, Bannergatta Road, Bengaluru - 560076, have changed my name to MARIYAM YUSUF TINWALA, vide affidavit dated: 25.02.2025 before notary MOHAMMED HUSSAIN K, Bengaluru.

I, M Venkatesulu S/o Muneppa R/at #7-7, Timmarajupalli, Santhipuram Mandal, Banthimadugu Gollapalle, Chittoor, Andhra Pradesh-517423 have changed my name and father's to M VENKATESH & M VENKATESULU, CHINNAPPA MUNEPPA & MUNEPPA both the names belongs to me & My father only vide affidavit dt: 01.03.2025 Notary A. Manjula, B.lore

I, K S DWARAKANATHA Residing at 16, Agra Main Arasappa Badavane, Bangalore - 560062 have changed my name to K S DWARAKANATH, vide affidavit dated 01/03/2025 sworn before notary Venkataraju H G, Bangalore.

I, Abhishek Sharma r/o H26 1004 Sandeep Vihar AWHO Kannamangala Bengaluru 560067 Karnataka, have changed my daughter's name (Minor) from Aashvi Vashishtha Sharma to Aashvi Sharma.

I, Anasuya Habbu w/o Aravind Habbu R/at # 565, 2nd Main, 6th Block,2nd Phase, BSK 3rd stage, Bengaluru-560085, have changed my name to Anasuya Aravind Habbu, for all purposes.

I, Sangita Kumari Ojha W/o, Amit Kumar R/o 201, United Elysium, Seegehalli, Kadugodi, Bangalore-560067 have changed my name to Sangita Tiwari for all purposes.

I, Ravi Prasad Gandhi S/o, Gandhi A R/o No 72 7th Main Mathikere Bengaluru 560054 have changed my name to Ravi Prasad for all purposes.

I, Sharfuddin R/o 9/3,5th Cross Lalbagh Fort , Doddanavalla , B'lore -560004 have changed my name to Sharfuddin Babu.

HEALTH TIP: Fever in kids indicates illness, but most of the time, it is not serious. It usually denotes either viral or bacterial infections

Blue light impacts sleep-wake cycle as it inhibits the synthesis of melatonin, a hormone that regulates sleep and wakefulness

BangaloreMirror | 24
Sunday, March 2, 2025
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All you need to know about...

Romanticise your life

Start Your Day With Gratitude
Wake up to soft music, light a scented candle, or start your day with a handwritten gratitude note.

Use The Fancy Stuff You've Been Saving
Be it a luxe beauty product or that bottle of champagne.

Create A Dreamy Ambience
Fairy lights, mood lighting, soft colourful throws on the couch – turn your space into a little haven that feels home to you.

Draw An Extravagant Bath
And get lost in a book while you're at it.

Cook Like It's Your Love Language
Even if it's just Maggi, plate it beautifully and enjoy the experience of eating as if it's a five-star meal.

Snap Pictures Of What You Love
From flowers to candy-floss skies and all the little moments.

Dress for Yourself, Not for an Occasion
Wear that beautiful saree just because you feel like it. Add a pair of jhumkas, a touch of kajal, and spritz your signature perfume – it's a game-changer!

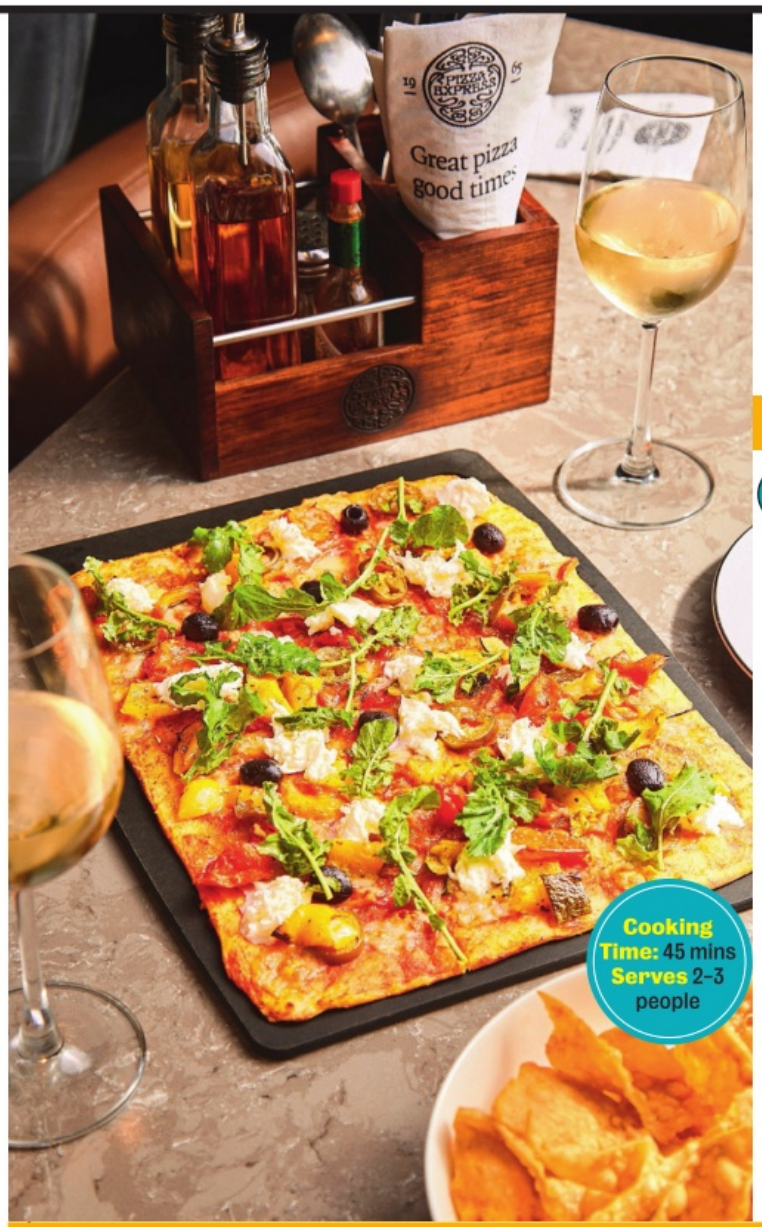
Play Tourist In Your Own City
Or simply people-watch from a spot with a killer view.

Say Yes To Flowers
Fresh flowers can instantly brighten your space and your mood. No need to wait for someone else to get them for you!

Write Letters To Yourself
Handwritten letters will never not be romantic, so why not nurture some self-love by writing about your dreams, emotions, and little joys?

Make A New Vision Board
A new house? Check. A promotion in the coming months? Check. Because there ain't no better time to start manifesting your dreams.

—Femina



Pizza, you said?

Exclusive recipes to recreate at home

CALABRESE PIZZA

INGREDIENTS
Dough Preparation
- Flour – 1kg
- Salt – 20g
- Sugar – 10g
- Yeast – 30g
- Oil – 10ml
- Water – As required

METHOD
- In a large bowl, mix all the ingredients together.
- Gradually add water as needed and knead until a smooth dough forms.
- Divide the dough into 200g portions and shape into balls.

Calabrese Pizza Preparation

INGREDIENTS
- Rectangular Pizza Base – 1 No
- Tomato Sauce – 100g
- Mozzarella – 60g
- Chopped Red Chili – 2 pinches
- Jalapenos – 12 pieces
- Roasted Pepper – 30g
- Emilgrana – 1 tbsp
- Chargrilled Vegetables – 80g
- Black Olives – 10 pieces
- Oregano – Pinch
- Salt – Pinch

Garnish:
- Baby Mozzarella – Half ball
- Basil Pesto – 2 drizzles
- Emilgrana – 1 tbsp
- Rocket Leaves – ½ cup

METHOD
- Place the pizza base on a clean surface.
- Spread the tomato sauce evenly across the base.
- Add the mozzarella cheese.
- Distribute the chopped red chili evenly.
- Scatter the jalapenos and roasted peppers across the pizza.
- Add the chargrilled vegetables and black olives.
- Sprinkle Emilgrana over the top.
- Season with oregano and salt.
- Bake the pizza until golden and crispy.
- Garnish with baby mozzarella, grated Emilgrana, and rocket tossed with basil pesto.

DOUGH BALL

INGREDIENTS
For the Dough:
- Flour – 1kg
- Salt – 20g
- Sugar – 10g
- Yeast – 30g
- Oil – 10ml
- Water – As required

For the Dough Balls:
- Dough Ball – 1 No
- Flour – If necessary
- Proved Dough Balls – 8 pieces
- Butter – 40g

METHOD
Preparing the Dough:
- Weigh all the ingredients.
- In a large bowl, mix the flour, salt, sugar, yeast, and oil.
- Gradually add water as needed and knead into a smooth dough.
- Divide the dough into 200g portions and shape into balls.

Shaping the Dough Balls:
- Place the dough upside down on a dry, flour-free surface and gently flatten it.
- If necessary, sprinkle a little flour on the surface.
- Fold the dough into a sausage shape, applying firm pressure to seal.
- Let it rest for 2 minutes.
- Roll the dough back and forth under your palms until it reaches 36cm in length.
- Cut the rolled dough in half, then quarters, and continue until you have 16 equal pieces.

Proving and Baking:
- Arrange 8 dough balls per pan for proving.
- Let the dough balls prove for 30 minutes.
- Bake at 371°C for 5 minutes until golden brown.
- Serve hot with 40g of butter. Enjoy your PizzaExpress Signature Dough Balls.

RASPBERRY CHEESECAKE

INGREDIENTS
For the Base:
- Digestive Biscuits – 1 cup
- Brown Sugar – 2 tbsp
- Butter – ½ cup

For the Batter:
- Cream Cheese – 4 cups
- Flour – ½ cup
- Sugar – 1½ cups
- Egg Yolk – 1 cup
- Vanilla Essence – 1 tbsp
- Whipping Cream – 1½ cups
- Raspberry Purée – 1 cup

METHOD
Preparing the Base:
- Melt butter for 2-3 minutes.
- Break biscuits into small pieces using your hands.
- Mix the biscuits with melted butter and brown sugar until well combined.
- Pour the mixture into a baking tin and flatten with a spoon.
- Bake at 150°C for 5-7 minutes.

Preparing the Batter:
- Beat the cream cheese until smooth.
- Add sugar and flour, then mix well.
- Scrape the bowl using a spatula to ensure even mixing.
- Add ½ cup raspberry purée and mix.
- Add egg yolk and vanilla essence, stirring to combine.
- Slowly add whipping cream, mixing on medium speed until smooth.

Assembling and Baking:
- Grease the sides of the baking tray with butter.
- Pour the cheesecake batter into the prepared baking tray.
- Drizzle the remaining ½ cup raspberry purée on top.
- Use a skewer to swirl a zigzag pattern.
- Bake at 150°C for 120 minutes.

Cooling and Serving:
- Remove from the oven and let it cool completely before serving.
- Enjoy your Raspberry Cheesecake, crafted to perfection! Let me know if you need any adjustments.

Recipes by Chef Rahul Jadhav, Culinary Head, PizzaExpress

Can you repeat the question?

Unanswered questions that continue to baffle scientists

Sridhar.Vivan
@timesofindia.com

TWEETS @BangaloreMirror

The world is filled with countless mysteries. Despite the advancements in science, some fundamental questions remain unanswered. Scientists across the globe are relentlessly working on these mysteries, conducting extensive research to uncover the truth. By speaking to a number of scientists, BM takes a journey into the realm of unresolved scientific puzzles that still leave us searching for answers.

Why do we dream?

One of the most perplexing questions that has intrigued humanity for thousands of years is the mystery of dreams. The curiosity surrounding dreams has led to the emergence of various interpretations and even the belief that dreams can predict the future. Dreams vary from person to person, and some appear so real that they blur the line between reality and illusion. However, the question remains—why do we dream? In recent years, scientists have been investigating the mechanisms behind dreaming. Researchers have developed devices that can decode up to 50% of dream content so far, and they continue their efforts to fully understand the phenomenon.

Is there an exo planet?

Scientists and astronomers have long been searching for signs of life beyond Earth. Many space missions are dedicated to answering this very question. The vastness of the universe makes it difficult to believe that Earth is the only planet with life. While the idea of communication with extraterrestrials is often relegated to Hollywood movies, some believe that these narratives may one day become a reality. Probes like Voyager carry the Golden Record, a collection of Earth's sounds, music, and human voices, in the hope that an alien civilization might one day discover it and locate Earth. NASA is optimistic that within the next two decades, we may find signs of life beyond our planet.

How did life evolve?

Earth is teeming with an incredible diversity of life—from trees and bacteria to animals and humans. But how did primitive biological molecules evolve into intelligent beings? While religious beliefs attribute life's creation to divine intervention, scientists continue to explore the origins of evolution through various theories, including the possibility of extraterrestrial influence. Researchers have long been studying how biological molecules combine to form complex organisms. With advancements in AI and genetic research, science is getting closer to understanding the origins of life.

Is the universe infinite?

How vast is the universe? The celestial bodies we observe through telescopes represent only a fraction of the cosmic expanse. Some scientists argue that the universe is finite, while others believe it is limitless. The Big Bang Theory suggests that the universe is still expanding at a speed faster than light, adding to the complexity of this mystery. Breakthroughs in quantum computing and supercomputers may soon help scientists measure the true scale of the universe.

Is reality just an illusion?

The concept of reality has intrigued philosophers and scientists alike. Albert Einstein himself once stated, "Reality is merely an illusion, albeit a very persistent one." While we perceive reality through our senses—sight, touch, and smell—science suggests that reality might be a construct of the brain. This raises the question: Is what we experience truly real, or just a projection of our consciousness? Experts in neuroscience and quantum physics, such as cognitive scientist Donald Hoffman, continue to study whether our perception of reality is merely a construct of the mind.

How many living beings exist on Earth?

While we have an estimate of the human population (over 8 billion), the total number of species on Earth remains a mystery. In the 18th century, Swedish scientist Carl Linnaeus attempted to classify all living organisms, but the process remains incomplete. So far, scientists have documented over 2 million species, but this represents only 15% of the estimated total. With advancements in AI and biotechnology, researchers continue to explore Earth's biodiversity.

What happens after death?

The mystery of what happens after death has fascinated humans for centuries. Various religions offer their own interpretations, but science has yet to provide a definitive answer. Although researchers have documented brain activity in the moments leading up to death, what happens after the brain ceases function remains unknown. A recent study identified a third state of biological existence beyond life and death, raising new questions about what happens post-mortem.

Despite the advancements in science, some fundamental questions remain unanswered. Scientists across the globe are relentlessly working on these mysteries, conducting extensive research to uncover the truth

Where is human consciousness located?

What makes humans unique? Consciousness is what distinguishes us from other living beings, but scientists still do not fully understand where or how it originates. Unlike physical organs, consciousness is intangible, making it one of the greatest mysteries of science. Neuroscientists and quantum physicists continue to debate the nature of consciousness, with some suggesting that it may exist beyond the physical body.

Despite centuries of scientific advancements, many questions remain unanswered. However, with rapid technological progress in AI, quantum computing, and space exploration, science is inching closer to uncovering the secrets of the universe.

Chai-Time

SOLVE IT IN A MINUTE

[32/243]^-4/5 =?

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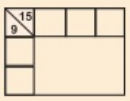
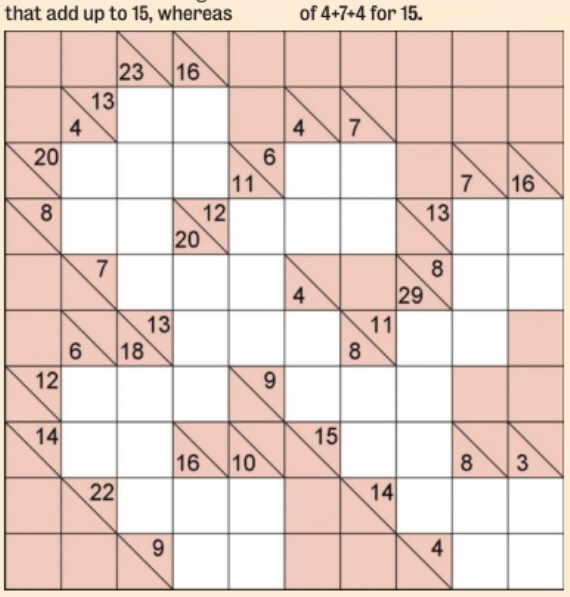
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

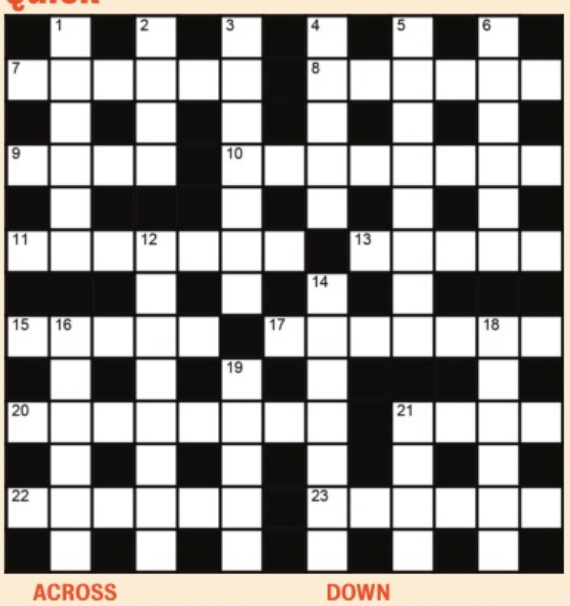


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Photographic device (6)
8 Wading bird (6)
9 Rambling story (4)
10 Governor of Karnataka from 2009 to 2014 (8)
11 Toy dog breed (7)
13 Emotional states (5)
15 Astounds or stupefies (5)
17 Disturb greatly (7)
20 Dead-end (3,2,3)
21 German classical composer (4)
22 Let me have a look at it? (4,2)
23 Unmanned aircraft (6)

DOWN

1 Occult theosophy (6)
2 Exodus author __ Uris (4)
3 Assail, rebuke or scold (7)
4 Tennis star Rafael ____ (5)
5 In ___ ___ : Playing well (4,4)
6 Explosive device (6)
12 Makes less strong or intense (4,4)
14 Yield; surrender (7)
16 Given instruction (6)
18 A 5-cent American coin (6)
19 Not in line (5)
21 A blessing (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS S

HQRRVHH HVVWH ZS TV
FPBCVFD P WPZZVB SO
JPGCEGC SG POZVB SZJVBH
JPUV FVZ CS.

Linemaro

Thank you for calling me weird, that makes me happy

Mindchow

He who dares to teach must never cease to learn

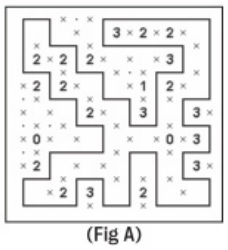
Joke of the day

A Roman walks into a bar and asks for a martinus. "You mean a martini?" the bartender asks. The Roman replies, "If I wanted a double, I would have asked for it!"

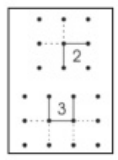
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

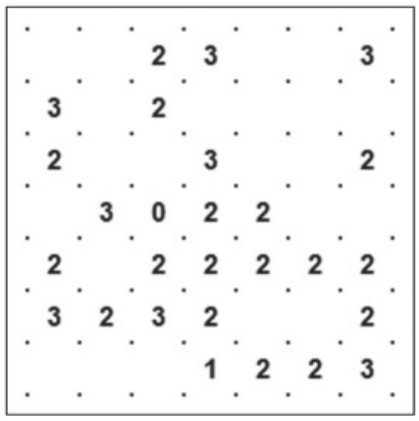


(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

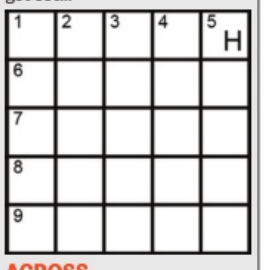


Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Has Br; 6 Irish;
7 An tee; 8 Tital;
9 L Mars

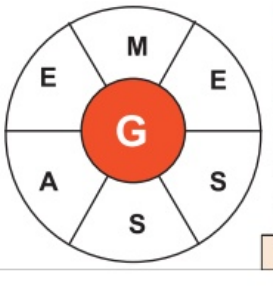
DOWN

1 Amber; 2 Tiara;
3 Sitar; 4 Hells;
5 Thins

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?

N	252	R
T	500	Y
Y	400	P
K	132	L
G	182	?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge

			2		6			
	6	3				7	5	
7		8				1		6
	7		3		2		8	
4			9		7			5
	9		4		1		6	
3		4				6		1
	2	5				8	7	
			8		3			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 22
3 7 9 9

Medium = 23
2 3 4 8

Hard = 11
2 7 8 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

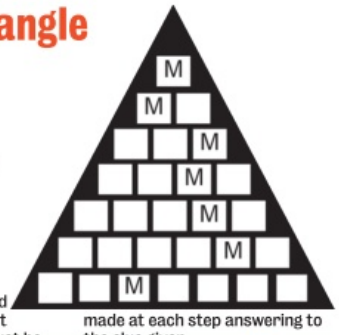
Differences: 1. Back of chair is different. 2. Reflection on bowling ball is moved. 3. Woman's sleeve is different. 4. Towel is longer. 5. Lamp is wider. 6. Woman's hair is different.

Riddler

Created I was, in 1841, By someone with the name of an evil one, He was a Belgian, living in Paris, This man had to be very zealous. Fourteen of me, this young man made, Some above A, but not quite B, With some higher than D, but lower than E, And some that are C, and three halves above D, That's why my popularity's so easy to see. Golden with lacquer, I usually am, I sometimes am used to honor Uncle Sam, Patented I was in 1846, I'm the one who gives some their kicks, I'm shaped like a J-with a hook on the end, So, can you tell what I am?

Alpha triangle

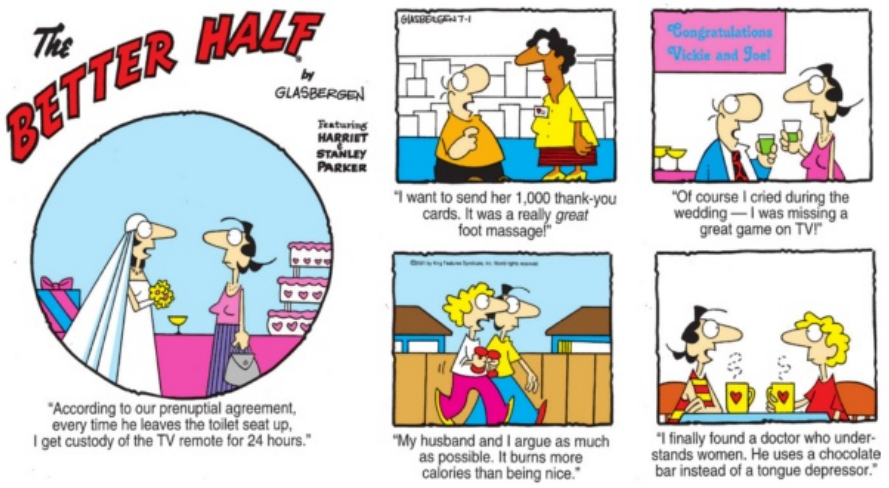
1 Meter, abbr.
2 Do, re,_ fa ....
3 US uncle
4 Goals
5 Rho follower
6 Mark of disgrace
7 Stratagems

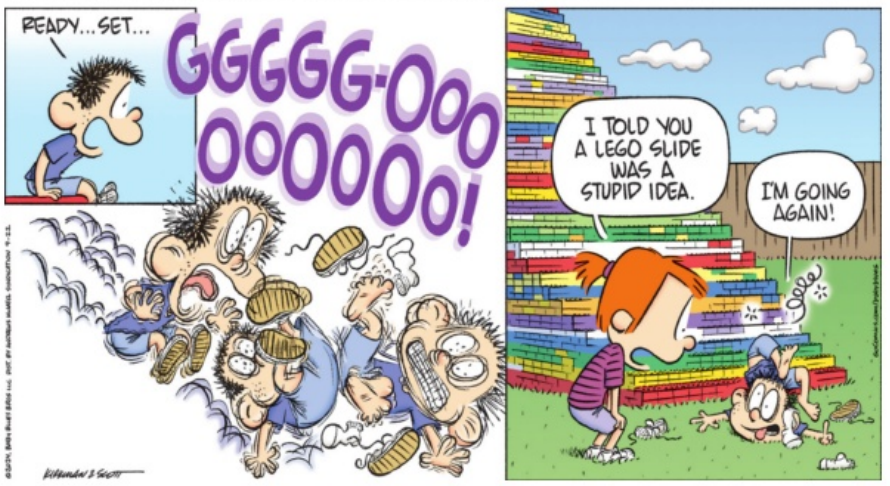


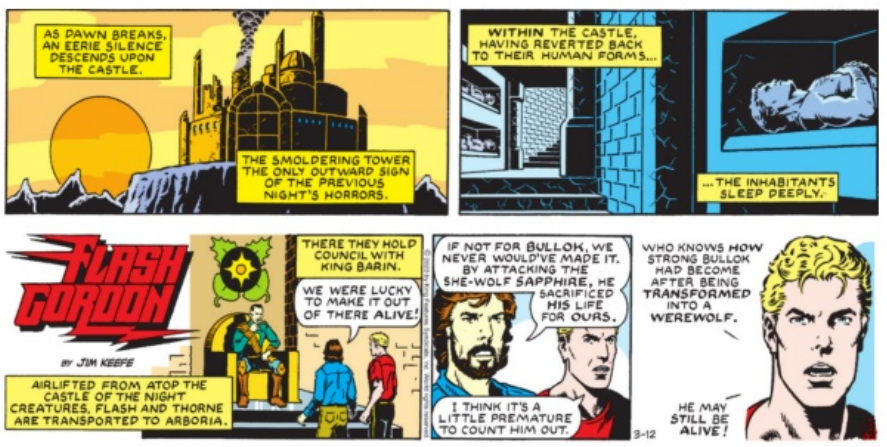
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS







WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
The Moon's blessings bring happiness and positivity. Strong communication skills will help secure a significant deal. Your cooperative attitude will strengthen relationships. Business decisions may be challenging, but with support from colleagues, success is likely.

Taurus Apr 21 – May 20
A high-energy day brings success and joy. Romantic moments will enhance domestic harmony. Your focus on structuring projects will be beneficial. Job seekers may find opportunities. Lovebirds should avoid unnecessary arguments.

Gemini May 21 – Jun 21
Health concerns may resurface, leading to frustration. Avoid hasty decisions, as impatience could result in mistakes. Be mindful of spending, as unnecessary expenses might arise.

Cancer Jun 22 – July 23
Financial gains from past investments bring relief. Quick and effective decisions at work will yield positive results. The Moon's blessings will ensure a joyful and prosperous day.

Leo Jul 24 – Aug 23
A busy yet productive day awaits. Strong professional networks will help implement plans successfully. Previous investments may generate profits. A peaceful and romantic home atmosphere will strengthen relationships.

Virgo Aug 24 – Sep 23
Hard work will be rewarded, and recent challenges will ease. With the support of subordinates, postponed projects can resume. Financial stability may improve due to business profits.

Libra Sep 24 – Oct 22
Low energy and potential health issues might slow you down. Avoid new investments, as financial setbacks are likely. Be cautious with money matters.

Scorpio Oct 23 – Nov 22
Enthusiasm will drive progress. Quick decisions will benefit business growth. If working in a partnership, innovation may thrive, but avoid investing in fixed assets with a business partner.

Sagittarius Nov 23 – Dec 22
Your well-being improves, and lingering health issues may be resolved. Stuck funds are likely to be recovered, enhancing financial stability. You may consider applying for a loan for luxury purchases.

Capricorn Dec 23 – Jan 20
Confidence and decisiveness will lead to new opportunities. Spending time and money on family and friends will bring happiness. Lovebirds will enjoy quality moments. Job seekers may find a promising opportunity through friends.

Aquarius Jan 21 – Feb 19
A dull day may leave you struggling to find motivation. Arrogance could create conflicts in personal and professional life. A lack of confidence might hinder creativity. Stay mindful and maintain a balanced approach.

Pisces Feb 20 – Mar 20
High energy levels make you highly productive. Your efforts will start paying off, boosting confidence. Property disputes with siblings may be resolved. Networking with an influential person could expand professional opportunities.

KIDZONE

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Bengaluru

Purvi,
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SOLUTIONS

SOLVE IN 1M
[243/32]·4/5 = [3·5/2·5]·4 = [3/2]·4 = 81/16

BULL'S EYE
game, MESSAGE, sage

STRIKE OUT

S	U	F	F	I	X	A	C	A	C	I	A			
P	A	M	E	R	A	V	O	C	E	T	D			
L	Y	R	I	C	S	I	N	C	A	S	E			
A	I	A	T	L	A	S	S	P						
Y	A	N	G	I	A	S	L	E	F	T				
S	A	G	A	N	B	D	U	D	E	S				
R	B	A	R	O	N	E	T	A						
M	O	U	L	T	U	B	E	A	R	D				
A	N	T	E	F	R	O	R	O	S	E				
L	M	O	A	S	I	S	R	A						
A	B	O	A	R	D	L	A	C	T	I	C			
E	A	T	E	N										
R	I	S	H	I										
B	R	A	S	H										

FAST FIVE

M	A	R	L	S
A	T	I	L	T
E	A	T	E	N
R	I	S	H	I
B	R	A	S	H

RIDDLER
A Saxophone.

QUICK

C	L	L		N	G	P								
C	A	M	E	R	A		A	V	O	C	E	T		
B	O		M		D	O		T						
Y	A	R	N		B	H	A	R	D	W	A	J		
A		L			A		L		F		R			
M	A	L	T	E	S	E		M	O	O	D	S		
		O			T	C		R						
S	T	U	N	S		T	O	R	M	E	N	T		
A		E		A		N			I					
C	U	L	D	E	S	A	C		B	A	C	H		
G		O	K		O		E		O		K			
S	H	O	W	M	E		D	O	R	O	N	E	S	
T		N		W		E		N		L				

MENSA PUZZLE
2. In each row, multiply the numerical values of the left and right hand letters, putting the result in the centre.

QUOTE UNCODE
Success seems to be largely a matter of hanging on after others have let go.

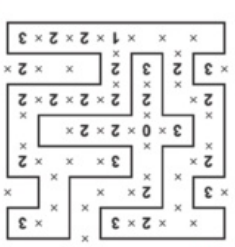
SUDOKU

1	5	9	2	7	6	4	3	8
2	6	3	1	4	8	7	5	9
7	4	8	5	3	9	1	2	6
5	7	1	3	6	2	9	8	4
4	3	6	9	8	7	2	1	5
8	9	2	4	5	1	3	6	7
3	8	4	7	2	5	6	9	1
9	2	5	6	1	4	8	7	3
6	1	7	8	9	3	5	4	2

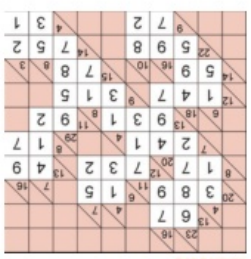
ALPHA TRIANGLE
M, Mi, Sam, Aims, Sigma, Stigma, Gambits.

GO FIGURE
Easy
9 + 9 – 3 + 7 = 22
Medium
2 x 8 + 4 + 3 = 23
Hard
3 x 7 – 2 – 8 = 11

LOOP



KAKURO



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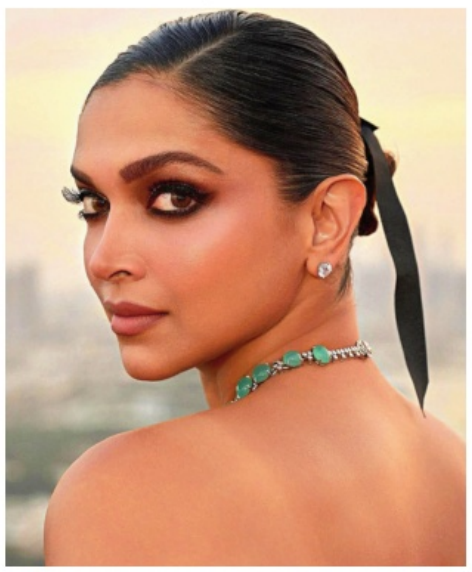
Why so hush-hush?

DP reveals she decided to share her mental health journey to tackle the stigma around it



Deepika Padukone has opened up on the importance of mental health awareness as she has spoken about undergoing depression. The actress has often broken down as she recalled her time when she was undergoing depression. However, earlier, she kept it private. She recently revealed that she kept it as a secret and did not tell the world about it due to the whole stigma around mental health.

The actress spoke about what made her finally come out and openly talk about mental health. She told The CEO Magazine, "I was at the top of my career, doing everything I loved," Deepika Padukone told The CEO Magazine. While she would feel the exhaustion and fatigue constantly, she realised something was wrong with her when she just collapsed one morning. She then went through some tests. DP said, "I went for a whole bunch of scans, but over the next couple of weeks, I realised I wasn't feeling any better. There was this weird feeling in my stomach. I would just keep crying and breaking down at the drop of a hat. I just didn't feel like myself."

She further added that she kept her therapy visits a big secret. "We didn't want it to be seen that I was going to the therapist… We were so covert and didn't tell anyone about how I was feeling," she revealed.

Later she wondered why there is so much stigma around it. Once she decided to recover, she realised, "I wondered why we had hushed everything up and why there was so much stigma around mental health. I decided that I wanted to go public and share my journey and my experience with the world." Deepika then started her foundation to help people dealing with depression and other mental health issues. "Even today, people refer to it when they want to communicate to their peers or to their parents about what they are experiencing. I realized that the floodgates had opened and there was just so much more to be done," she said. —ETimes

Cheerleader sis

Actress Sara Ali Khan cheered for brother Ibrahim Ali Khan as the trailer of his debut film "Nadaaniyan" reached the audience on March 1, 2025.

Dropping the trailer on her Instagram stories, she wrote, "Trailer nahi trail blazer hai...7th March!!! (It's not a trailer, it's a trailblazer)"

The 'Atrangi Re' actress added, "A wholesome bundle of innocence, romance, freshness, oh and of course insane swag."

"Nadaaniyan" revolves around a South Delhi diva, Pia (Khushi Kapoor) determined to script her perfect love story, and a middle-class overachiever Arjun (Ibrahim Ali Khan) with his sights set on becoming the debate team captain. Their worlds collide when Pia ropes Arjun into a transactional arrangement — posing as her boyfriend to pull off the perfect romantic facade. The simple plan gets complicated when real feelings sneak in, leaving the duo wondering whether love can ever be scripted.

Sharing the trailer on social media, the makers penned, "A new semester begins, and love is their first test...Starring Ibrahim Ali Khan and Khushi Kapoor, watch Nadaaniyan, out 7 March, only on Netflix."

With Ibrahim Ali Khan and Khushi Kapoor as the lead pair, "Nadaaniyan" stars Mahima Chaudhary, Suniel Shetty, Dia Mirza, and Jugal Hansraj in key roles, along with others.

Helmed by Shauna Gautam, the drama has been produced by Karan Johar, Apoorva Mehta, and Somen Mishra under the Dharmatic Entertainment banner.

Shedding light on her experience of directing her debut project, Shauna Gautam said, "Directing Nadaaniyan has been an incredibly special journey for me, especially as my first film. This story is close to my heart, capturing the innocence and often surprising nature of first love. Collaborating with Karan sir and Dharmatic Entertainment has been a dream, and their support has been invaluable in bringing this vision to life. Working with such an amazing cast, particularly Ibrahim in his debut role, has been an absolute joy. I can't wait for audiences to witness this fun, heartfelt ride on Netflix."

"Nadaaniyan" will be premiering on Netflix on March 7. —IANS